SHARP

OPERATION MANUAL
AND
COOKBOOK



Carousel™
DOUBLE GRILL CONVECTION
MICROWAVE OVEN

MODEL R-880F(S) Ⓙ

SHARP

WARRANTY

Consumer Electronic Products

Congratulations on Your Purchase!

This Sharp product is warranted against faults in materials and manufacture for a period of twelve (12) months from the date of original purchase.

If service is required during the warranty period, please contact your nearest Sharp Approved Service Centre. These repairs would be carried out at no charge to the owner, subject to the conditions specified herein.

The owner is responsible for any transportation and insurance costs if the product has to be returned for repair.

This warranty does not extend to accessories or defects or injuries caused by or resulting from causes not attributable to faulty parts or the manufacture of the product, including but not limited to, defect or injury caused by or resulting from misuse, abuse, neglect, accidental damage, improper voltage, liquid spillage, vermin infestation, software, or any alterations made to the product which are not authorised by Sharp.

Please retain your sales documentation, as this should be produced to validate a warranty claim.

This warranty is in addition to and in no way limits, varies or excludes any express and implied rights and remedies under any relevant legislation in the country of sale.

IMPORTANT

DO NOT RETURN THIS PAGE TO SHARP

For your reference, please enter the particulars of your purchase below and retain, with your purchase documentation.

Model No. ____________________

Serial No. ____________________

Date of Purchase ____________________

Retailer ____________________

FOR LOCATION ENQUIRIES WITHIN

AUSTRALIA

REGARDING YOUR
LOCAL

SHARP APPROVED SERVICE CENTRE

CALL THE

SHARP SERVICE REFERRAL CENTRE

TOLL FREE 1 300 135 022

DURING NORMAL BUSINESS HOURS
(Eastern Standard Time)

or contact our web site

www.sharp.net.au

SHARP CORPORATION OF AUSTRALIA PTY. LIMITED
ABN 40 003 039 405
1 Huntingwood Drive Blacktown NSW 2148

FOR PRODUCTS PURCHASED IN

NEW ZEALAND

CONTACT YOUR SELLING DEALER/RETAILER
OR CALL

SHARP CUSTOMER SERVICES

telephone: 09 573 0111

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www.sharpnz.co.nz

SHARP CORPORATION OF NEW ZEALAND LIMITED
59 Hugo Johnson Drive
Penrose, Auckland

IMPORTANT NOTICE: This warranty applies only to products sold in Australia & New Zealand.

INTRODUCTION

SHARP®

INFO DISPLAY COOKING SYSTEM

Thank you for buying a Sharp Microwave Oven.
Your new oven has an "Information Display System" which offers you step-by-step instructions to easily guide you through each feature.
Your oven also has a HELP key for instructions on using Auto Start, Information Guide On / Off, Demonstration Mode, Child Lock, Info on pads and Help.
After gaining experience and confidence using your oven, the information display can be turned off.
We strongly recommend however that you read this operation manual thoroughly before operating your oven, paying particular attention to the safety warnings and special notes.

The manual is divided into two sections:

1. OPERATION (P3~P26)
   This section describes your oven and teaches you how to use all the features.

2. COOKING GUIDE
   This section is at the back of the manual, it contains the more commonly used information such as how to prepare food, which cooking utensil to use, standing time.
   It also contains recipes for automatic cooking.

Please take some time to read your operation manual carefully, the automatic cooking menus programmed into your new oven have been carefully developed to give optimum results when the step-by-step instructions are followed.

When selecting another home appliance, please again consider our full range of Sharp products.

CONTENTS Page

WARNING

IMPORTANT SAFETY INSTRUCTIONS : READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

Whenever the top heater, bottom heater or convection symbols are displayed the turntable, turntable support, racks, oven door, outer cabinet, oven cavity and especially bottom heater will become very hot. To prevent yourself from getting burnt use thick oven mittens.
Do not put things on top of the oven or cover the outer cabinet.

To reduce the risk of fire in the oven cavity:

a. Do not overcook food.
b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
d. Look at the oven from time to time when food is heated in disposable containers made of plastic, paper or other combustible materials for signs of smoke or burning.
e. If materials inside the oven should ignite, or smoke is observed, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

To reduce the risk of an explosion or delayed eruptive boiling:
Your microwave oven is capable of heating food and beverages very quickly therefore, it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.
Additionally:

a. Do not place sealed containers in the oven. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.
b. Do not use excessive amount of time.
c. When boiling liquids in the oven, use a wide-mouthed container.
d. Stand at least for 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.
e. Stir the liquid before and during cooking. Use extreme care when handling the container or inserting a spoon or other utensil into the container.

This oven is for home food preparation only and should only be used for heating, cooking and defrosting food and beverage.
It is not suitable for commercial, laboratory use, or heating therapeutic devices eg. Wheat bags.

Never operate the oven whilst any object is caught or jammed between the door and the oven.

Do not try to adjust or repair the oven yourself.
It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation. Especially those which involve the removal of a cover which gives protection against exposure to microwave energy are very hazardous.

Do not operate the oven if it is not working correctly or damaged until it has been repaired by a qualified service technician trained by SHARP. It is particularly important that the oven door closes properly and that there is no damage to:
(1) Door (warped), (2) Hinges and Latches (broken or loosened), (3) Door Seals, Sealing Surfaces and oven cavity (buckled or deformed), (4) Burn marks on the door seal faces.

Do not bump, or catch utensils, loose clothes and your accesories on the door safety latches when removing food from the oven.

Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.

Never tamper with or deactivate the door safety latches.

Always use oven gloves to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.

Should the power supply cord become damaged, it must be replaced with a special cord supplied by a SERVICE CENTRE APPROVED BY SHARP. And it must be replaced by a qualified service technician trained by SHARP.

If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.

Avoid steam burns by directing steam away from the face and hands.
Slowly lift the furthest edge of a dish's cover and microwave plastic wrap and carefully open popcorn and oven cooking bags away from the face.

Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.

Do not place anything on the outer cabinet.

This appliance must be earthed.

Do not store food or any other items inside the oven.

Make sure the utensil does not touch the interior walls during cooking.

Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

This appliance is not intended for use by young children or infirm persons without supervision.

Young children should be supervised to ensure that they do not play with the appliance.

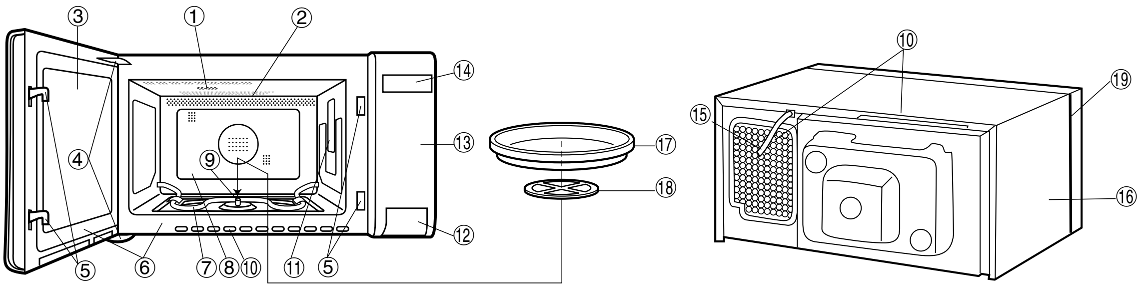
SPECIAL NOTES

	DO	DON'T
Eggs, fruits, nuts, seeds, vegetables, sausages and oysters	* Puncture egg yolks and whites and oysters before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes.	* Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself. * Reheat whole eggs. * Overcook oysters. * Dry nuts or seeds in shells.
Popcorn	* Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1-2 seconds.	* Pop popcorn in regular brown bags or glass bowls. * Exceed maximum time on popcorn package.
Baby food	* Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. * Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature.	* Heat disposable bottles. * Overheat baby bottles. Only heat until warm. * Heat bottles with nipples on. * Heat baby food in original jars.
General	* Food with filling should be cut after heating, to release steam and avoid burns. * Use a deep bowl when cooking liquids or cereals to prevent boiling over.	* Heat or cook in closed glass jars or air tight containers. * Deep fat fry. * Heat or dry wood, herbs, wet papers, clothes or flowers. * Operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity except when conditioning or cleaning the heater elements as described in the operation manual.
Liquids (Beverages)	* For boiling or cooking liquids see WARNING on page 2 to prevent explosion and delayed eruptive boiling.	* Heat for longer than recommended time. See REHEATING-FOOD CHART on page ㊳.
Canned foods	* Remove food from can.	* Heat or cook food while in cans.
Sausage rolls, Pies, Christmas pudding	* These foods have high sugar and/or fat contents. * Cook for the recommended time.	* Overcook as they may catch fire.
Meats	* Use a microwave proof roasting rack to collect drained juices.	* Place meat directly on the turntable for cooking.
Utensils	* Check the utensils are suitable for MICROWAVE cooking before you use them.	* Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
Aluminium foil	* Use to shield food to prevent over cooking. * Watch for sparking. Reduce foil or keep clear of cavity walls.	* Use too much. * Shield food close to cavity walls. Sparking can damage the cavity.
Browning dish	* Place a suitable insulator such as a microwave and heat proof dinner plate between the turntable and the browning dish.	* Exceed the preheating time recommended by the manufacturer. Excessive preheating can cause the glass turntable to shatter and/or damage internal parts of the oven.

INSTALLATION INSTRUCTIONS

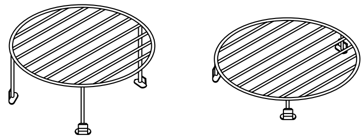
1. Remove all packing materials from the oven cavity, **(do not remove the waveguide cover, item 11 below)**, and the feature sticker from the outside of the door, if there is one. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided
   1) Turntable tray
   2) Roller stay
   3) Low rack
   4) High rack
   5) Combined operation manual and cookbook
3. Since the door may become hot during cooking, you should place or mount the oven so that the bottom of the oven is 80 cm or more above floor. You should also keep children away from the door to prevent them burning themselves.
4. Ensure that the bottom heater is in the lowest position as shown in the OVEN DIAGRAM below (never touch or move the bottom heater while it is hot). Then fit the turntable support to the turntable motor shaft on the floor of the oven cavity. And place the turntable on the turntalbe support. Make sure the turntable and turntable support are centrally located and locked together. NEVER operate the oven without the turntable support and turntable.
5. The oven should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit.
   The oven should be installed so as not to block ventillation openings.
   Allow at least 40 cm on the top, 5 cm on the both sides and at the rear of the oven for free air space.
6. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.
   The A.C. voltage must be single phase 230-240V, 50Hz.
7. Operate the oven from a general purpose domestic outlet. If a generator is used, do not operate the oven with non-sinusoidal outputs.
8. Before using top or bottom heater for the first time, operate the oven without food for 20 minutes using both heaters. This will allow the oil that is used for rust protection to be burned off.

OVEN DIAGRAM



1. Oven lamp
2. Top grill heater (top heater)
3. See through door
4. Door hinges
5. Door safety latches
6. Door seals and sealing surfaces
7. Bottom grill heater (bottom heater)
8. Oven cavity
9. Turntable motor shaft
10. Ventilation openings
11. Waveguide cover
12. Door open button
13. Control panel
14. Digital readout
15. Power supply cord
16. Outer cabinet
17. Turntable
18. Turntable support
19. Ventilation slit

<u>Metal racks——High and low</u>
The racks are for Grill, Mix, Convection and recommended automatic operations.



Warning:
The accessories will become very hot whenever the top heater, bottom heater or convection symbols are lighted in the display and <u>use thick oven gloves</u> when inserting/removing the food or turntable from the oven to PREVENT BURNS.

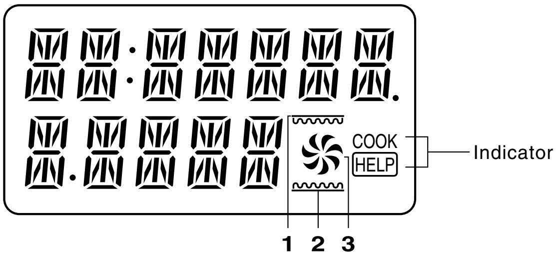
OPERATION OF TOUCH CONTROL PANEL

The operation of the oven is controlled by pressing the appropriate pads arranged on the surface of the control panel.

An entry signal tone should be heard each time you press the control panel to make a correct entry.

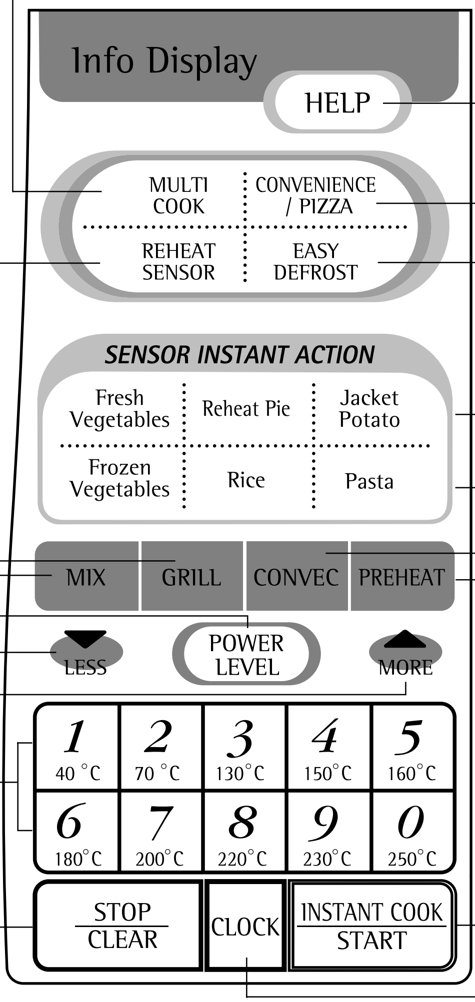
In addition the oven will beep for approximately 2 seconds at the end of the cooking cycle, or 4 times when a cooking procedure is required.

Control Panel Display



1. TOP HEATER SYMBOL
   The symbol will light when the top heater is in use.
2. BOTTOM HEATER SYMBOL
   The symbol will light when the bottom heater is in use.
3. CONVECTION SYMBOL
   The symbol will light during convection cooking.

Touch Control Panel Layout



MULTI COOK PAD
Press to select Multi Cook mode.

REHEAT SENSOR PAD
Press to select 3 popular Reheat menus.

GRILL PAD
Press to select grill cooking.

MIX PAD
Press to select mix cooking.

POWER LEVEL PAD
Press to select microwave power setting.
If not pressed, HIGH is automatically selected.

MORE(▲), LESS(▼) PADS
Press to adjust the doneness of food in one minute increments during cooking or to increase/decrease the time whilst programming the automatic opertions.

NUMBER AND TEMPERATURE PADS
Press to enter cooking times, clock time, convection temperature, weight or quantity of food.

STOP/CLEAR PAD
Press to clear during programming.
Press once to stop operation of oven during cooking; press twice to cancel cooking programme.

HELP PAD
Press to select auto start, information guide on/off, child lock, demonstration modes or info on pads.
Press to obtain cooking information.

CONVENIENCE/PIZZA PAD
Press to select 6 popular menus.

EASY DEFROST PAD
Press to defrost meat by entering weight.

SENSOR INSTANT ACTION PADS
Press once to cook or reheat 6 popular menus.

CONVEC PAD
Press to select convection cooking.

PREHEAT PAD
Press to preheat the oven prior to cooking.

INSTANT COOK/START PAD
Press once to cook for 1 minute on HIGH or increase by 1 minute multiples each time this pad is pressed during manual cooking.
Press to start oven after setting programs.

CLOCK PAD
Press to set clock time.

BEFORE OPERATING

* This oven is preset with the INFORMATION GUIDE ON.
To assist you in operating your oven useful information will appear on the display.
In this manual, the display information guide is abbreviated.

* When you become familiar with your oven, the information guide can be turned off. Check page 21.

Getting Started

Step	Procedure	Pad Order	Display
1	Plug the oven into a power point and switch on the power. Ensure the oven door is closed.		SHARP, MICRO-WAVE, OVEN will be displayed repeatedly.
2	Press the STOP/CLEAR pad so that the oven beeps.	STOP CLEAR	: Only the dots will remain.

Clock Setting

* To enter the present time of day 11:34 (AM or PM).

Step	Procedure	Pad Order	Display
1	Press the CLOCK pad.	CLOCK	ENTER TIME (operation guide off: : 0)
2	Enter the correct time of day by pressing the numbers in sequence.	1 1 3 4	11:34 The dots (:) will flash on and off.
3	Press the CLOCK pad again.	CLOCK	11:34

This is a 12 hour clock. If you attempt to enter an incorrect clock time (Eg. 13:45) ERROR will appear in the display. Press the STOP/CLEAR pad and re-enter the time of day (Eg. 1:45).
If you wish to know the time of day during the cooking or timer mode, press the CLOCK pad. As long as your finger is pressed the CLOCK pad, the time of day will be displayed.

Stop/Clear

Press the STOP/CLEAR pad once to:
1.Stop the oven temporarily during cooking.
2.Clear if you make a mistake during programming.
3.Clear the message on the display after cooking.

To Cancel a Programme During Cooking

Press the STOP/CLEAR pad twice.

MICROWAVE COOKING

Microwave Time Cooking

This is a manual cooking feature, first enter the cooking time then the power level.
You can programme up to 99 minutes, 99 seconds.
There are five different power levels.

Power level	LOW	M•LOW	MEDIUM	M•HIGH	HIGH
Approximate percentage of microwave power	10%	30%	50%	70%	100%
Examples of foods typically cooked on different microwave power levels	Keeping food warm	Defrosting Softening butter	Casseroles Seafood	Cakes Muffins Slices Seafood	Fruit Vegetables Rice/Pasta

This variable cooking control allows you to select the rate of microwave cooking.
If a power level is not selected, then HIGH power is automatically used.

*Suppose you want to cook for 10 minutes on HIGH power.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	1 0 0 0	10:00
2	Press the INSTANT COOK/START pad.	INSTANT COOK START	10:00 COOK The timer begins to count down.

To lower the power press the POWER LEVEL pad once. Note the display will indicate “HIGH”. To lower to “M•HIGH” press the POWER LEVEL pad again. Repeat as necessary to select “MEDIUM”, “M•LOW” or “LOW” power levels.
* Suppose you want to cook Fish Fillets for 10 minutes on MEDIUM power.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	1 0 0 0	10:00
2	Select power level by pressing the POWER LEVEL pad as required (for MEDIUM press three times).	POWER LEVEL x 3	MEDIUM
3	Press the INSTANT COOK/START pad.	INSTANT COOK START	10:00 COOK The timer begins to count down.

If the door is opened during the cooking process, the cooking time in the display automatically stops. The cooking time starts to count down again when the door is closed and the INSTANT COOK/START pad is pressed.
If you want to check the power level during the cooking, press POWER LEVEL pad.
As long as your finger is pressing the POWER LEVEL pad, the power level will be displayed.

Sequence Cooking

Your oven can be programmed up to 4 automatic cooking sequences, switching from one variable power setting to another automatically.
Note that POWER LEVEL must be entered first when programming sequence cooking.
* Suppose you want to cook for 10 minutes on MEDIUM followed by 5 minutes on HIGH.

Step	Procedure	Pad Order	Display
1	Select microwave cooking and desired power level by pressing the POWER LEVEL pad (for MEDIUM press three times).	POWER LEVEL x 3	MEDIUM
2	Enter desired cooking time.	1 0 0 0	10:00
3	For second sequence, select microwave cooking and power level (for HIGH press the POWER LEVEL pad once)	POWER LEVEL	HIGH
4	Enter desired cooking time for the second sequence.	5 0 0	5:00
5	Press the INSTANT COOK/START pad.	INSTANT COOK START	10:00 COOK The timer begins to count down to zero. When it reaches zero, 5:00 COOK the second sequence will appear and the timer will begin counting down to zero again.

Instant Cook™

For your convenience Sharp's Instant Cook allows you to easily cook for one minute on HIGH power.

Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad. Within one minute of closing the door.	INSTANT COOK START	1:00 COOK The timer begins to count down.

Press the INSTANT COOK/ START pad until desired time is displayed.
Each time the pad is pressed, the cooking time is increased by 1 minute.

HEATING WITHOUT FOOD

Before the first use and after cleaning the top and bottom heaters must be conditioned. The procedure involves heating the heaters for a period of 20 minutes. You may notice some smoke and odour during this process, the oven is not out of order. Follow the procedure below.

Step	Procedure	Pad Order	Display
1	Ensure that no food is in the oven. Press the GRILL pad three times.	GRILL X3	TOP AND / BOTTOM GRILL
2	Enter the heating time (20 min.).	2 0 0 0	20:00
3	Press the INSTANT COOK/ START pad. **IMPORTANT:** During this operation, some smoke and odour will occur. Therefore open the windows or run the ventillation fan in the room.	INSTANT COOK START	20:00 COOK The timer begins to count down to zero. When timer reaches zero, all indicators will go out and the oven will "beep". END will appear on the display.
4	Open the door to cool the oven cavity. The cooling fan will remain on until the oven cavity has cooled. **WARNING:** The oven door, outer cabinet, turntable and oven cavity will be hot to PREVENT BURNS allow the oven to cool.		

CONVECTION COOKING

To Cook by Convection

Your Convection Microwave Oven can be programmed for ten different convection cooking temperatures up to 99 minutes, 99 seconds.
* Suppose you want to cook for 20 minutes at 180°C.

Step	Procedure	Pad Order	Display
1	Place turntable in the oven. Press the CONVEC pad.	CONVEC	SELECT TEMP (Operation guide off : C)
2	Enter desired temperature.	6 180°C	180C
3	Enter desired cooking time.	2 0 0 0	20:00
4	Press the INSTANT COOK/ START pad.	INSTANT COOK START	20:00 COOK The timer begins to count down to zero. When timer reaches zero, all indicators will go out and the oven will "beep". END will appear on the display. The cooling fan will remain on until the oven cavity has cooled.

Warning: The oven cavity, door, turntable, turntable support, racks, dishes and especially the bottom heater will become very hot, <u>use thick oven gloves</u> when inserting/removing the food or turntable from the oven to PREVENT BURNS.

Helpful Hints: If you are cooking and wish to check the temperature you have programmed, simply press the CONVEC pad. The programmed temperature will be displayed as long as CONVEC pad is pressed.

For the best cooking results please closely follow the steps in the operation manual/cookbook. For your convenience a selection of popular menus have been preprogrammed into the oven.

Note : Temperature measurements whilst in convection mode will differ from the displayed level. This is due to the grill elements turning on and off in order to regulate the oven temperature. Manual convection cooking temperature is limited to a maximum of 160°C. Higher radiant temperatures can be achieved in conjunction with the grill features (browning/crisping).

To Preheat and Cook by Convection

* Suppose you want to preheat the oven to 200°C then cook for 20 minutes at 200°C.

Step	Procedure	Pad Order	Display
1	Press the PREHEAT pad.	PREHEAT	SELECT PREHEAT TEMP (Operation guide off : C)
2	Press desired preheat temperature pad.	7 200°C	200C
3	Press the CONVEC pad.	CONVEC	SELECT TEMP (Operation guide off : C)
4	Press desired cooking temperature pad.	7 200°C	200C
5	Enter desired cooking time.	2 0 0 0	20:00
6	Press the INSTANT COOK/START pad. When "ADD FOOD" is displayed, the oven is preheated. If the oven door is not opened, the oven will automatically hold at the preheat temperature for 30 minutes.	INSTANT COOK START	PREHEAT COOK will be displayed repeatedly. When preheat is over, the oven will "beep" 4 times and ADD FOOD will be displayed.
7	Open the door. Place food in oven. Close the door.		PRESS START will be displayed.
8	Press the INSTANT COOK/START pad.	INSTANT COOK START	20:00 COOK The timer begins to count down to zero.

PREHEAT (steps 1–2)
COOKING (steps 3–5)

Warning:
The oven cavity, door, turntable, turntable support, racks, dishes and especially the bottom heater will become very hot, use thick oven gloves when inserting/removing the food or turntable from the oven to PREVENT BURNS.

Convection and Microwave Cooking

Your oven can be programmed to combine convection and microwave cooking operations.

* Suppose you want to roast chicken pieces for 15 minutes at 180°C and then cook at 8 minutes on MEDIUM.

Step	Procedure	Pad Order	Display
1	Press the CONVEC pad.	CONVEC	SELECT TEMP (Operation guide off: C)
2	Enter desired convection temperature.	6 (180°C)	180C
3	Enter desired convection cooking time.	1 5 0 0	15:00
4	Select microwave cooking and power level by pressing the POWER LEVEL pad as required (for MEDIUM press three times.)	POWER LEVEL x 3	MEDIUM
5	Enter desired microwave cooking time.	8 0 0	8:00
6	Press the INSTANT COOK/START pad.	INSTANT COOK START	15:00 COOK The timer begins to count down to zero. When it reaches zero, 8:00 COOK The timer begins to count down to zero.

Do not use plastic (non-heat proof) cookware if combining Convection and Microwave mode.

Warning:
The oven cavity, door, turntable, turntable support, racks, dishes and especially the bottom heater will become very hot, <u>use thick oven gloves</u> when inserting/removing the food or turntable from the oven to PREVENT BURNS.

PREHEATING

For best results, preheat to the required temperature with the turntable in the oven. Add food after preheating.

* To preheat the oven to 200°C

Step	Procedure	Pad Order	Display
1	Press the PREHEAT pad.	PREHEAT	SELECT / PREHEAT TEMP (Operation guide off: C)
2	Select preheating temperature.	7 (200°C)	200C
3	Press the INSTANT COOK/ START pad.	INSTANT COOK / START	PREHEAT COOK
4	Preheat is over. If the oven door is not opened, the oven will automatically hold at the preheat temperature for 30 minutes.		PREHEAT OVER COOK

After preheating, Suppose you want to cook profiteroles for 20 minutes on convection 200°C.

5	Open the door and place food. Close the door.		PRESS / CONVEC
6	Press the CONVEC pad.	CONVEC	SELECT TEMP (Operation guide off: C)
7	Enter desired temperature.	7 (200°C)	200C
8	Enter desired cooking time.	2 0 0 0	20.00
9	Press the INSTANT COOK/ START pad.	INSTANT COOK / START	20.00 COOK The timer begins to count down.

If you are in the process of preheating and wish to check the actual oven temperature, simply press the CONVEC pad. The actual oven temperature will be displayed as long as the CONVEC pad is pressed. If the oven temperature is below 40°C at this time, LO C will be displayed.

Warning:
The oven cavity, door, turntable, turntable support, racks, dishes and especially the bottom heater will become very hot, use thick oven gloves when inserting/removing the food or turntable from the oven to PREVENT BURNS.

GRILL COOKING

Your oven has three grill cooking modes. Select the desired grill mode by pressing the GRILL pad.

For the top heater mode, press the GRILL pad once.
For the bottom heater mode, press the GRILL pad twice.
For the top and bottom heaters mode, press the GRILL pad three times.

It is not necessary to preheat for grill cooking.

* Suppose you want to cook for 20 minutes using the top and bottom heaters.

Step	Procedure	Pad Order	Display
1	Press the GRILL pad three times.	GRILL x 3	TOP AND BOTTOM GRILL
2	Enter desired cooking time.	2 0 0 0	20:00
3	Press the INSTANT COOK/START pad.	INSTANT COOK START	20:00 COOK The timer begins to count down.
4	When the timer reaches about 2/3 of the way through the cooking time, open the door and turn over the steak. And then close the door.		7:00
5	Press the INSTANT COOK/START pad.	INSTANT COOK START	7:00 COOK The timer begins to count down again. When it reaches zero, all indicators will go off and the oven will "beep". The cooling fan will remain on until the oven cavity has cooled.

Warning:
The oven cavity, door, turntable, turntable support, racks, dishes and especially the bottom heater will become very hot, use thick oven gloves when inserting/removing the food or turntable from the oven to PREVENT BURNS.

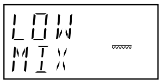
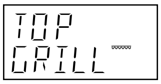
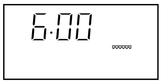
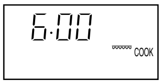
MIX COOKING

Your oven has four preprogrammed settings that make it easy to cook with both grill heaters and microwave.

Select the desired mix setting by pressing the MIX pad. It is not necessary to preheat for the mix cooking.

Setting	The times pressing MIX pad	Preset programme	
		Microwave power	Grill heater
HIGH MIX TOP GRILL	Once	70%	Top heater
LOW MIX TOP GRILL	Twice	50%	Top heater
HIGH MIX BOTTOM GRILL	three times	50%	Bottom heater
LOW MIX BOTTOM GRILL	four times	10%	Bottom heater

* Suppose you want to cook for 6 minutes on LOW MIX TOP GRILL.

Step	Procedure	Pad Order	Display
1	Press the MIX pad twice.	**MIX** x 2	 
2	Enter desired cooking time.	6 0 0	
3	Press the INSTANT COOK/START pad.	**INSTANT COOK START**	 The timer begins to count down. When it reaches zero, all indicators will go off and the oven will "beep". END will appear on the display. The cooling fan will remain on until the oven cavity has cooled.

Warning:
The oven cavity, door, turntable, turntable support, racks, dishes and especially bottom heater will become very hot, use thick oven gloves when inserting/removing the food or turntable from the oven to PREVENT BURNS.

AUTOMATIC OPERATIONS

Notes for Automatic Operations

1. Wipe off any moisture from the outside of cooking containers and the interior of the oven with a dry cloth or paper towel prior to cooking on SENSOR INSTANT ACTION or REHEAT SENSOR.
2. After oven is plugged in, wait 2 minutes before using SENSOR INSTANT ACTION or REHEAT SENSOR.
3. ERROR will be displayed if:
   (a) more or less than the quantity or weight of foods suggested in the MULTI COOK, CONVENIENCE/PIZZA or EASY DEFROST MENU GUIDE are programmed when the START pad is pressed.
   To clear, press the STOP/CLEAR pad and reprogramme.
   (b) the door is opened or the STOP/CLEAR pad is pressed until the cooking time is displayed. To clear, press the STOP/CLEAR pad and cook manually. Refer to manual cooking charts in RECIPES section.
4. When using the automatic features (SENSOR INSTANT ACTION, REHEAT SENSOR, MULTI COOK, CONVENIENCE/PIZZA, EASY DEFROST), carefully follow the details provided in each MENU GUIDE to achieve the best result.
   If the details are not followed carefully, the food may be overcooked or undercooked or ERROR may be displayed.
5. When cooking small quantities of food on SENSOR INSTANT ACTION or REHEAT SENSOR, the food may be cooked without displaying any remaining cooking time.
6. Food weighing more or less than the quantity or weight listed in each MENU GUIDE, cook manually. Refer to manual cooking charts in RECIPES section.
7. When entering the weight of the food, round off the weight to the nearest 0.1kg(100g). For example, 1.65kg would become 1.7kg.
8. To change the final cooking or defrosting result from the standard setting, press the MORE(▲) or LESS(▼) pad prior to pressing the each automatic operation pad. See page 23.
9. The fianl cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.

Sensor Instant Action

Fresh Vegetables	Reheat Pie	Jacket Potato
Frozen Vegetables	Rice	Pasta

Press once to cook 6 popular menus. Follow the details provided in SENSOR INSTANT ACTION MENU GUIDE on page ④ - ⑤ in the cooking guides.

* Suppose you want to cook 1.0 kg Fresh Vegetables.

Step	Procedure	Pad Order	Display
1	Press the SENSOR INSTANT ACTION pad for Fresh Vegetables (within 1 minute of closing the door). *When the sensor detects the vapour from the food, the remaining cooking time will appear. (eg. remaining cooking time is approximately. 1 min.42 sec.)	**Fresh Vegetables**	FRESH COOK / VEGETA-BLES COOK / SENSOR COOK / COOKING COOK 1.42 COOK The timer begins to count down. When the cooking time reaches zero, STAND, COVERED, 1-5MIN, STIR, ENJOY YOUR, VEGETABLES will be displayed.

NOTE:
You can get a cooking hint by pressing the HELP pad before pressing the desired SENSOR INSTANT ACTION pad. See page 23.

Reheat Sensor

REHEAT SENSOR

1.Dinner Plate
2.Reheat Pizza
3.Casseroles/Canned Food

Press to select 3 popular reheat menus. Follow the details provided in REHEAT SENSOR MENU GUIDE on page ⑥ in the cooking guides.

* Suppose you want to reheat 1 serve of Dinner plate.

Step	Procedure	Pad Order	Display
1	Press the REHEAT SENSOR pad.	REHEAT SENSOR	SELECT / MENU / NUMBER (Operation guide off: MENU)
2	Select food category for Reheat Sensor. Press 1 to reheat Dinner Plate.	1	DINNER PLATE HELP
	If you require a cooking hint, press the HELP pad.	HELP	COVER WITH HELP / WRAP HELP / PLACE ON HELP / LOW RACK HELP
3	Press the INSTANT COOK/START pad. * When the sensor detects the vapour from the food, the remaining reheating time will appear. (eg. remaining reheating time is approximately 1 min.)	INSTANT COOK START	DINNER PLATE COOK HELP / SENSOR COOK HELP / REHEAT COOK HELP 1.00 COOK HELP The timer begins to count down. When the cooking time reaches zero, STAND, COVERED 2MIN, ENJOY YOUR, DINNER will be displayed.

NOTE:
You can get a cooking hint whenever HELP is lit in the display. See page 23.

Convenience / Pizza

CONVENIENCE / PIZZA

1.Frozen Pizza	4.Frozen Pasta
2.Fresh Pizza	5.Crumbed Fish
3.Fries	6.Finger Food

Press to select 6 popular menus. Follow the details provided in CONVENIENCE / PIZZA MENU GUIDE on page ⑦ in the cooking guides.

* Suppose you want to cook 0.5 kg Frozen Pizza.

Step	Procedure	Pad Order	Display
1	Press the CONVENIENCE / PIZZA pad.	CONVENIENCE /PIZZA	SELECT / MENU / NUMBER (Operation guide off: MENU)
2	Select food category for Convenience / Pizza. Press 1 to cook Frozen Pizza.	1	FROZEN PIZZA HELP
3	Enter the weight.	5	0.5 KG HELP
4	Press the INSTANT COOK/START pad.	INSTANT COOK START	9.00 COOK HELP The timer begins to count down. When the cooking time reaches zero, ENJOY YOUR, PIZZA will be displayed repeatedly.

NOTE:
You can get a cooking hint whenever HELP is lit in the display. See page 23.

Warning:
The oven cavity, door, turntable, turntable support, racks, dishes and especially bottom heater will become very hot, use thick oven gloves when inserting/removing the food or turntable from the oven to PREVENT BURNS.

Multi Cook

MULTI COOK

1.Roast Beef	4.Roast Pork
2.Roast Lamb	5.Grilled Steak/Chops
3.Roast Chicken	6.Grilled Chicken Pieces

Press to select 6 popular Grill and Mix cooking menus.
Follow the details provided in MULTI COOK MENU GUIDE on page ⑧ - ⑨ in the cooking guides.

* Suppose you want to cook 1.0 kg Roast Beef (Medium).

Step	Procedure	Pad Order	Display
1	Press the MULTI COOK pad.	MULTI COOK	SELECT / FOOD / NUMBER (Operation guide off: FOOD)
2	Select food category for Multi Cook. Press 1 to cook Roast Beef.	1	ROAST BEEF HELP
3	Enter the weight.	1 0	1.0 KG HELP
4	Press the INSTANT COOK/START pad.	INSTANT COOK START	31:20 COOK HELP The timer begins to count down. The oven will "beep" 4 times and will stop. TURN BEEF, OVER will be displayed repeatedly.
5	Open the door. Turn over the meat. Close the door.		PRESS START will be displayed repeatedly.
6	Press the INSTANT COOK/START pad.	INSTANT COOK START	15:40 COOK HELP When the cooking time reaches zero, STAND, COVERED, 5-15MIN, FOIL, ENJOY YOUR, BEEF will be displayed repeatedly.

NOTE:
You can get a cooking hint whenever HELP is lit in the display. See page 23.

Warning:
The oven cavity, door, turntable, turntable support, racks, dishes and especially bottom heater will become very hot, use thick oven gloves when inserting/removing the food or turntable from the oven to PREVENT BURNS.

Easy Defrost

EASY DEFROST

The Easy Defrost feature allows you to defrost meats by entering weight.
Follow the details provided in EASY DEFROST MENU GUIDE on page ⑩ in the cooking guides.

* Suppose you want to defrost 2.0 kg of Poultry.

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad.	EASY DEFROST	ENTER HELP / WEIGHT HELP (Operation guide off:)
2	Press number pads to enter weight.	2 0	2.0 KG HELP
3	Press the INSTANT COOK/START pad.	INSTANT COOK START	39.50 DE- COOK HELP / 39.49 FROST COOK HELP The cooking time will begin counting down. The oven will "beep" 4 times and will stop. REMOVE, DEF-, ROSTED, PORTION, TURN FOOD, OVER, SHIELD EDGES, OR, WARM, PORTION will be displayed repeatedly.
4	Open the door. Turn over meat. Close the door.		PRESS START will be displayed repeatedly.
5	Press the INSTANT COOK/START pad.	INSTANT COOK START	6.40 DE- COOK HELP / 6.39 FROST COOK HELP The cooking time will begin counting to zero, when it reaches zero, the oven will "beep". STAND, COVERED, 5-50MIN, FOIL will be displayed repeatedly.

NOTE:
You can get a cooking hint whenever HELP is lit in the display. See page 23.

OTHER CONVENIENT FEATURES

Help Feature

HELP The HELP feature has 6 different programs.

Auto Start

The Auto Start feature allows you to set your oven to start automatically.
* Suppose you want to start cooking a casserole for 20 minutes on MEDIUM at 4:30 in the afternoon. (Check that the correct time of day is displayed.)

Step	Procedure	Pad Order	Display
1	Press the HELP pad.	HELP	AUTO START / PRESS 1 / GUIDE / ON / OFF / PRESS 2 / LOCK / PRESS 3 / DEMO / PRESS 4 / INFO ON PADS / PRESS / DESIRED PAD
2	Press the number 1 pad.	1	AUTO START / ENTER / START TIME
3	Enter the desired start time.	4 3 0	4:30 The dots (:) will flash on and off.
4	Press the CLOCK pad.	CLOCK	4:30
5	Set the desired cooking mode. (for microwave cooking on MEDIUM, press the POWER LEVEL pad 3 times)	POWER LEVEL x3	MEDIUM
6	Enter the desired cooking time.	2 0 0 0	20:00
7	Press the INSTANT COOK/START pad.	INSTANT COOK START	AUTO START 4:30 ON The oven will start cooking at 4:30 P.M. 20:00 COOK The timer begins to count down. When the timer reaches zero, all indicators will go off and the oven will "beep". END will appear in the display.

To check the current time, simply press the CLOCK pad, the time will be displayed.
If the door is opened after step 7, close the door and press the START pad to continue with Auto Start.
Press the STOP/CLEAR pad to cancel Auto Start.
The correct time of day must be set before using Auto Start, see clock setting on page 6.

Information Guide On/Off

This oven is preset with the Information Guide On.
As you get more familiar with your oven, the Information Guide can be turned off.

* To turn off the Information Guide.
After step 1 for Auto Start.

Step	Procedure	Pad Order	Display
2	Press the number 2 pad.	2	INFOR- MATION GUIDE
3	Press the STOP/CLEAR pad.	STOP CLEAR	GUIDE OFF The time of day will appear in the display.

* To restore the Information Guide.
After step 2 above.

Step	Procedure	Pad Order	Display
3	Press the INSTANT COOK/START pad.	INSTANT COOK START	GUIDE ON The time of day will appear in the display.

Child Lock

If the oven is accidentally started with no food or liquid in the cavity, the life of the oven can be reduced.
To prevent accidents like this, your oven has a "Child Lock" feature that you can set when the oven is not in use.

* To set the Child Lock.
After step 1 for Auto Start.

Step	Procedure	Pad Order	Display
2	Press the number 3 pad.	3	CHILD LOCK
3	Press the INSTANT COOK/START pad.	INSTANT COOK START	LOCK The time of day will appear in the display.

The control panel is now locked, each time a pad is pressed, the display will show "LOCK".

* To unlock the control panel.
After step 2 for Child Lock.

Step	Procedure	Pad Order	Display
3	Press the STOP/CLEAR pad.	STOP / CLEAR	LOCK OFF The time of day will appear in the display. The oven is ready to use.

Demonstration Mode

This feature is mainly for use by retail outlets, and also allows you to practice key operations.

* To demonstrate.
After step 1 for Auto start.

Step	Procedure	Pad Order	Display
2	Press the number 4 pad.	4	DEMO MODE
3	Press the INSTANT COOK/START pad.	INSTANT COOK / START	DEMO Then DEMO,SHARP, MICROWAVE, OVEN will appear repeatedly.

Cooking operations can now be demonstrated with no power in the oven.

* Suppose you demonstrate Instant Cook.

Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad.	INSTANT COOK / START	1:00 COOK The cooking time will begin counting down to zero at ten times the speed. When the timer reaches zero, END will appear in the display.

* To cancel the Demonstration Mode.
After step 2 above.

Step	Procedure	Pad Order	Display
3	Press the STOP/CLEAR pad.	STOP / CLEAR	DEMO OFF The time of day will appear in the display.

Info on Pads

Each pad carries useful guide.

* **To get the guide for MULTI COOK pad.** After step 1 for Auto Start.

Step	Procedure	Pad Order	Display
2	Press the MULTI COOK pad.	MULTI COOK	PRESS TO / SELECT 1 - 6 / PRESET MENUS

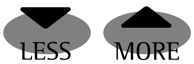
The guide message will be repeated twice, and then the display will show the time of day.
If you want to cancel the guide, press the STOP/CLEAR pad.

Help

Each setting of Automatic Operations has a cooking hint.
If you wish to check, press the HELP pad whenever HELP is lit in the display.

NOTE : For SENSOR INSTANT ACTION, HELP is not lit in the display, so press the HELP pad before pressing the desired SENSOR INSTANT ACTION pad.

Less/More Setting



The cooking times programmed into the automatic menus are tailored to the most popular tastes. To adjust the cooking time to your individual preference use the "more" or "less" feature to either add (more) or reduce (less) cooking time.

The LESS/MORE pads can be used to adjust the cooking time of the following features
– SENSOR INSTANT ACTION – REHEAT SENSOR – MULTI COOK
– CONVENIENCE / PIZZA – EASY DEFROST

To adjust cooking time, press the LESS or MORE pad at the beginning of the procedure.

* Suppose you want to cook 1.0 kg Fresh Vegetables for less time than the standard setting.

Step	Procedure	Pad Order	Display
1	Press the LESS pad.	LESS	LESS
2	Press the SENSOR INSTANT ACTION pad for Fresh Vegetables (Within 1 minute of closing the door).	Fresh Vegetables	FRESH COOK / VEGETA-BLES COOK / SENSOR COOK / COOKING COOK

Increasing or Decreasing Time During A Cooking Programme

Microwave, Convection, Grilling or Mix time can be added or decreased during a cooking programme using the "MORE" or "LESS" pads.

* Suppose you want to increase cooking time by 2 minutes during 5 minutes on MEDIUM cooking.

Step	Procedure	Pad Order	Display
1	Select microwave cooking and power level by pressing the POWER LEVEL pad as required. (for MEDIUM press three times)	POWER LEVEL x3	MEDIUM
2	Enter desired cooking time.	5 0 0	5:00
3	Press the INSTANT COOK/START pad.	INSTANT COOK START	5:00 COOK The timer starts to count down. 1:30 COOK
4	Press the MORE pad twice to increase time by two minutes.	MORE x2	3:30 COOK

Alarm

Your oven has an alarm function. If you leave food in the oven after cooking, the oven will "beep" 3 times and REMOVE FOOD will be appeared in the display after 2 minutes.
If you do not remove the food at that time, the oven will "beep" 3 times after 4 minutes and 6 minutes.

CARE AND CLEANING

Disconnect the power supply cord before cleaning or leave the door open to inactivate the oven.
Before cleaning ensure oven cavity is cool.

CLEAN THE OVEN AT REGULAR INTERVALS - Keep the oven clean, or it could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

Exterior:

The outside may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners.

Door:

Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaner.

Touch Control Panel:

Wipe the panel with a cloth dampened slightly with water only.
Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

Interior walls:

Wipe spatters and spills with a little dish washing liquid on a soft damp cloth for hygienic reasons. For heavier stains inside the oven cavity only, use a mild stainless steel cleaner applied with a soft damp cloth. Do not apply to the inside of the door. Wipe clean ensuring all cleaner is removed.
After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Built-up splashes may overheat and begin to smoke or catch fire. Do not remove the waveguide cover. You can hold the bottom heater up by hand for cleaning only. After cleaning, sit the bottom heater down in the lowest position (see page 4 and Figure 1).

DO NOT USE CAUSTIC CLEANERS, ABRASIVE OR HARSH CLEANSERS OR SCOURING PADS ON YOUR OVEN. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN.

DO NOT USE A STEAM CLEANER. Avoid using excess water. After cleaning the oven, ensure any water is remove with a soft cloth.

Note:

At regular intervals, heat the oven referring to "Heating without Food" on page 9. Because, the splashed dirt or food oil remained around the top and bottom heaters and oven walls may cause the smoke and odour.

Turntable/Turntable Support/Racks:

Wash with mild soapy water and dry thoroughly.

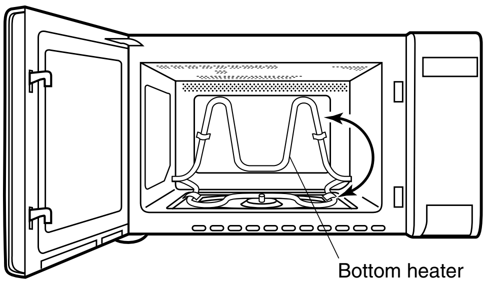


Figure 1

SERVICE CALL CHECK

Check the following before calling service:

1. Does the display light? Yes_______ No_______
2. When the door is opened, does the oven lamp come on? Yes_______ No_______
3. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely. Press the INSTANT COOK / START.
   A. Does the oven lamp light? Yes_______ No_______
   B. Does the cooling fan work? Yes_______ No_______
   (Put your hand over the rear ventilation openings.)
   C. Does the turntable rotate? Yes_______ No_______
   (The turntable can rotate clockwise or counterclockwise. This is quite normal.)
   D. Does the COOK indicator light? Yes_______ No_______
   E. After one minute, did an audible signal sound? Yes_______ No_______
   F. Is the water inside the oven hot? Yes_______ No_______
4. Remove water from the oven and programme the oven for 3 minutes on GRILL mode using top and bottom heaters.
   A. Do the top and bottom heater symbols and COOK indicator light? Yes_______ No_______
   B. After 3 minutes, do the both heaters become red? (Pay special attention to prevent burns when checking the bottom heater) Yes_______ No_______

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box.
If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.

NOTE: 1. If time in the display is counting down very rapidly, check Demonstration Mode. (Please see page 22 for detail.)
2. The following thing is not trouble;
Each cooking mode has a maximum cooking time. If you operate the oven longer than the maximum time, the power will automatically be reduced. The table below shows the maximum time for each cooking mode.

Cooking mode	Maximum cooking time
Microwave 100% cooking	20 min.
Grill cooking Top heater	30 min.
Bottom heater	15 min.
Top and bottom heaters	Top heater 10 min. Bottom heater 10 min.

SPECIFICATIONS

AC Line Voltage : Single phase 230-240V, 50Hz.
AC Power Required :
Microwave —— 1.6 kW
Grill —— 2.1kW
Output Power :
Microwave —— 900W* (IEC)
Grill Heater —— 1200W (Top heater)
800W (Bottom heater)
2000W (Top and bottom heater)
Microwave Frequency : 2450 MHz (Class B/Group 2)**
Outside Dimensions : 520mm(W) x 309mm(H) x 502mm(D)
Cavity Dimensions : 352mm(W) x 207mm(H) x 368mm(D)
Cooking Uniformity : Turntable (325mm in diameter) system
Weight : Approx. 20kg

* When tested in accordance with AS/NZS 2895.1.1995
** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.

NOTE

SHARP

COOKING GUIDES

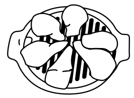


CONTENTS COOKING GUIDE

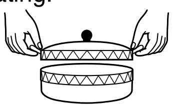
HELPFUL HINTS

MICROWAVE COOKING

1. ARRANGEMENT
   Arrange foods carefully. Place thickest areas toward outside of dish.
   Eg. Arrange vegetables in a shallow dish in the following way:
   Hard Vegetables around the outside, Soft Vegetables in the centre, Medium Vegetables in-between.



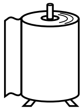
2. TURNING
   Foods such as poultry and joints of meat should be turned over after half the cooking time.
3. COVERING
   Cover foods in the microwave if you would normally cover the food in your ordinary oven, or to retain moisture. Cover foods such as Vegetables, Casseroles, or when Reheating.
   Use to cover foods:



LID

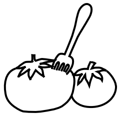


PLASTIC WRAP

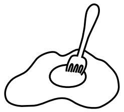


PAPER TOWEL

4. PIERCING
   Pierce potatoes, eggs, oysters, tomatoes or any foods with a skin or membrane to allow steam to escape.

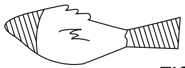


TOMATO

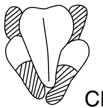


EGG

5. SHIELDING
   Shield using small pieces of aluminium foil to shield thin areas of meat, fish and poultry or edges of cakes to prevent overcooking.

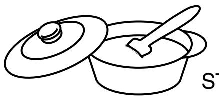


FISH



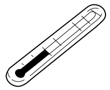
CHICKEN

6. STANDING TIME
   Standing time is important. After cooking or defrosting ensure adequate standing time. This allows the food to continue cooking or heating. Refer to cooking guides for each menu or according to manufacturers instructions.
7. STIRRING
   Stir foods from the outside to the centre of the dish, once or twice during cooking if possible.
   Eg. Casseroles and Sauces.



STIR

8. SIZE
   Small pieces cook faster than large ones. To speed cooking, cut pieces smaller than 5 cm so microwaves can penetrate to the centre from all sides. For even cooking, make all the pieces the same size.
9. DENSITY
   The depth to which microwaves penetrate food varies depending on the food's density. Porous foods like minced beef or mashed potatoes microwave faster than dense ones like steak or whole potatoes.
10. FAT AND BONE
    Marbling within meat, or a thin, even layer of fat on a roast, speeds cooking. Large fatty areas or excess drippings in dish attract energy away from meat, and slows cooking. Centre bones do not affect cooking, but bone on the side of meat conducts heat to the areas next to it.
11. STARTING TEMPERATURE
    Frozen or refrigerated food takes longer to heat than food at room temperature. Cooking times in this book are based on normal storage temperatures. Since rooms, refrigerators and freezers differ in temperature, check for doneness at the minimum time.

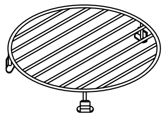


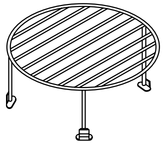
12. QUANTITY
    Microwave cooking times are directly related to the amount of food in the oven. Because energy is absorbed by the food itself, one potato or a single piece of chicken cooks rapidly. When the energy is divided among several items, cooking takes more time.
13. CONDENSATION
    Condensation is a normal part of microwave cooking. The humidity and moisture in food will influence the amount of condensation in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.
14. GENERAL
    Your microwave oven is capable of heating food and beverages very quickly therefore, it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.

HELPFUL HINTS

GRILL COOKING

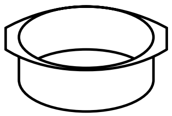
1. Use thick oven gloves when removing the food or turntable from the oven to PREVENT BURNS. Because the oven cavity, door, turntable, turntable support, racks, dishes and especially bottom heater will become very hot.
2. Foods may be cooked either directly on turntable, or using the high or low racks.

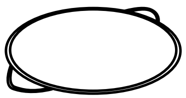

LOW RACK


HIGH RACK

MIX COOKING

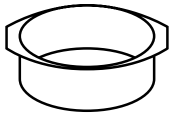
1. There are four automatic, preprogrammed mix settings.
   a) High mix top grill - Top browner with 70% microwave power.
   b) Low mix top grill - Top browner with 50% microwave power.
   c) High mix bottom grill - Bottom browner with 50% microwave power.
   d) Low mix bottom grill - Bottom browner with 10% microwave power.
2. Use thick oven gloves when removing the food or turntable from the oven to PREVENT BURNS. Because the oven cavity, door, turntable, turntable support, racks, dishes and especially bottom heater will become very hot.
3. Metal cookware can be used. During mix cooking some metal utensils may cause arcing when they come in contact with oven walls or accessory racks. To prevent arcing when using a metal tin, place a heat resistant dish (Pyrex pie plate, dinner plate) between the tin and the rack.

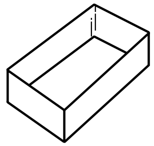

CAKE TIN

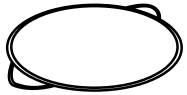

PIZZA TRAY

CONVECTION COOKING

1. Use thick oven gloves when removing the food or turntable from the oven to PREVENT BURNS. Because the oven cavity, door, turntable, turntable support, racks, dishes and especially bottom heater will become very hot.
2. For best results, preheat to required temperature with the turntable in the oven. Add food after preheating.
3. Metal cookware can be used. Round pizza trays are excellent cooking utensils for cooking.

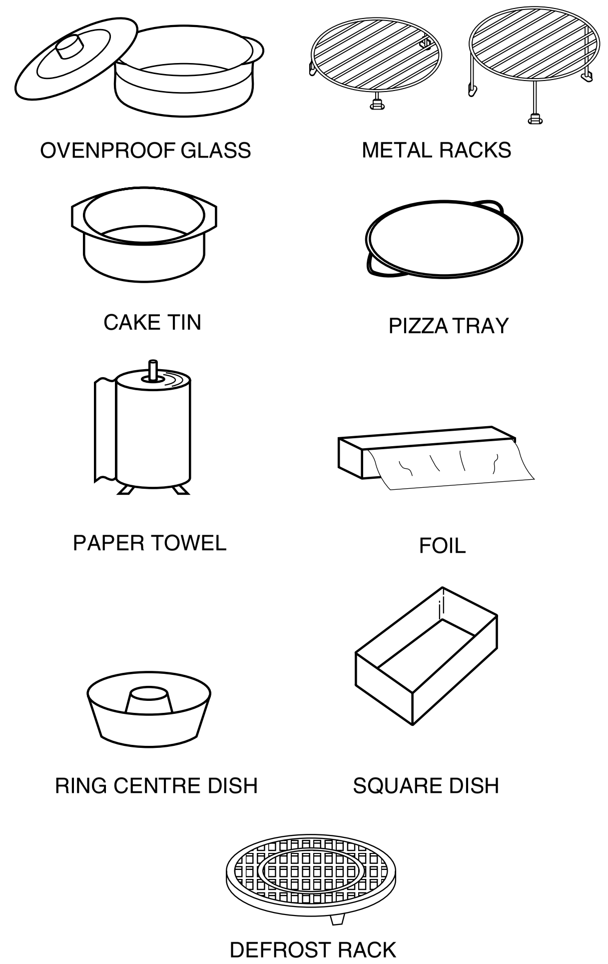

CAKE TIN


SQUARE DISH


PIZZA TRAY

4. If you are cooking and wish to check the temperature you have programmed, simply press the CONVEC pad. The programmed temperature will be displayed as long as CONVEC pad is pressed.
5. Do not cook 2 layers of eg. biscuits at the same time.

COOKWARE & UTENSIL GUIDE



	MICROWAVE	GRILL	MIX COOKING	CONVECTION
METAL RACKS	YES (LOW RACK ONLY)	YES	YES	YES
GLASSWARE/CERAMIC (HEAT RESISTANT)	YES	YES	YES	YES
METAL COOKWARE	NO	YES	*1 YES	YES
OVEN BAGS	YES	NO	NO	NO
ALUMINIUM FOIL	For Shielding	YES	For Shielding	YES
NON-STICK PAPER	YES	NO	NO	NO
GREASE-PROOF PAPER	YES	NO	NO	NO
WAXED PAPER	YES	NO	NO	NO
PLASTIC WRAP	*2 YES (microwave safe wrap only)	NO	NO	NO
PAPER TOWEL	YES	NO	NO	NO
PLASTIC COOKWARE MICROWAVE SAFE	*3 YES	NO	NO	NO
BROWNING DISH	YES	NO	NO	NO
DEFROST RACK	Defrost Only	NO	NO	NO
THERMOMETERS MICROWAVE SAFE CONVENTIONAL	YES NO	NO NO	NO NO	NO NO

*1 When using metal utensil, place a heat resistant dish between the metal utensil and the rack (refer to page ②).
*2 For cooking food with high fat contents, do not bring the wrap in contact with the food as it may melt.
*3 Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content.

SENSOR INSTANT ACTION MENU GUIDE

Fresh Vegetables	Reheat Pie	Jacket Potato
Frozen Vegetables	Rice	Pasta

Menu	Weight Range	Initial Temperature (approx.)	Cooking Method	Procedure	Standing Time (minutes)
Fresh Vegetables Carrots, Potato – hard vegetables Beans, Brussels Sprouts, Broccoli, Cauliflower – medium vegetables Zucchini, Spinach, Cabbage, Squash – soft vegetables	0.1-1.0 kg	+3°C Refrigerated	Micro	• Wash the vegetables. • Pierce skin of squash with folk. • Arrange the vegetables in a shallow dish in the following way : hard vegetables around the outside, soft vegetables in the centre, medium vegetables in-between. • Cover with a glass lid or plastic wrap. • After cooking, stand coverd and stir.	1-5
Reheat Pie meat	1-4 pieces (1 piece, approx. 180g)	+3°C Refrigerated	Micro Top/bottom grill	• Remove from package. • Place directly onto turntable. • After cooking, stand.	1-3
Jacket Potato Potato (whole)	1-10 pieces (1 piece, approx. 150g)	+20°C Room temperature	Micro	• Use washed new potatoes. • Pierce twice with fork on each side. • Place on outside of turntable. • When oven stops and TURN, POTATO OVER is displayed, turn over potatoes and continue cooking. • After cooking, stand, covered with aluminium foil.	3-10
Frozen Vegetables Carrots – hard vegetables Beans, Brussels Sprouts, Broccoli, Cauliflower – medium vegetables Corn, Green Peas, Mixed Vegetables – soft vegetables	0.1-1.0 kg	–18°C Frozen	Micro	• Before cooking, separate vegetables eg. broccoli as much as possible. • Arrange the vegetables in a shallow dish in the following way : hard vegetables around the outside, soft vegetables in the centre, medium vegetables in-between. • Cover with a glass lid or plastic wrap. • After cooking, stand covered and stir.	1-5

Menu	Weight Range	Initial Temperature (approx.)	Cooking Method	Procedure	Standing Time (minutes)
Rice	1/2 - 4 cups	+60°C Hot tap water or soup stock	Micro	• Wash rice until water runs clear. • Place into a Pyrex® bowl and cover with hot soup stock or with hot tap water. • Cook uncovered. • When oven stops and STIR is displayed, stir and continue cooking. • After cooking, stand and stir.	1-5
Pasta	1/2 - 4 cups	+60°C Hot tap water	Micro	• Place into a Pyrex® bowl and cover with hot tap water. • Cook uncovered. • When oven stops and STIR is displayed, stir and continue cooking. • After cooking, stand and stir.	1-5

Rice	Soup stock or Hot tap water (1cup = 250ml)
1/2 cup	1 cup
1 cup	1 1/2 cups
1 1/2 cups	2 cups
2 cups	4 cups
3 cups	4 1/2 cups
4 cups	6 cups

Pasta	Hot tap water (1cup = 250ml)
1/2 cup	2 cups
1 cup	2 cups
1 1/2 cups	3 cups
2 cups	4 cups
3 cups	5 cups
4 cups	6 cups

REHEAT SENSOR MENU GUIDE

REHEAT SENSOR

1. Dinner Plate
2. Reheat Pizza
3. Casseroles/Canned Food

When you reheat the following menus with REHEAT SENSOR, press the REHEAT SENSOR pad and the number pad of the menu.

No.	Menu	Weight Range	Initial Temperature (approx.)	Cooking Method	Procedure	Standing Time (minutes)
1	**Dinner Plate**	1 serve (approx. 400 g)	+3°C Refrigerated	Micro	• Cover with plastic wrap. • Place on the low rack. • After cooking, stand covered.	2
2	**Reheat Pizza**	1-4 pieces (1 pieces, approx. 90 g)	+3°C Refrigerated	Micro	• Place pizza on the low rack.	
3	**Casseroles** Beef Stroganoff Springtime Lamb Apricot Chicken	1-4 cups (1 cup, 250 ml)	+3°C Refrigerated	Micro	• Place into a casserole dish, and cover with lid. • After cooking, stir and stand covered.	1-5
	Canned Food Baked Beans Spaghetti		+20°C Room temperature			

Dinner Plate:

MEAT	POTATO	VEGETABLES
175-180g	125g	100g
Beef, Lamb Chicken, T-Bone	sliced	2 varieties eg. sliced Carrot,Zucchini Broccoli

CONVENIENCE/PIZZA MENU GUIDE

CONVENIENCE / PIZZA

1. Frozen Pizza
2. Fresh Pizza
3. Fries
4. Frozen Pasta
5. Crumbed Fish
6. Finger Food

To cook the following CONVENIENCE/PIZZA menus.
Press the CONVENIENCE/PIZZA pad and the number pad of the menu.

No.	Menu	Weight Range	Initial Temperature (approx.)	Cooking Method	Procedure	Standing Time (minutes)
1	**Frozen pizza**	0.2 - 0.5 kg	-18 °C Frozen temperature	Micro Top/bottom grill	• Remove from package. • Place directly onto turntable.	
2	**Fresh pizza** Topping include: Ham Cheese Onion Olives Capsicum Mushrooms Peperoni Cabanossi Pineapple	1 pizza (500 - 700g)	+ 3 °C Refrigerated	Top/bottom grill Top grill	• Add paste and toppings of your choice to fresh pizza base. • Place directly onto turntable.	
3	**Fries** Includes: Wedges Crinkle cut Shoe string	0.1 - 0.5kg	-18 °C Frozen temperature	Micro Top/bottom grill Top grill	• Place directly onto turntable. • When oven stops and TURN FRIES, OVER is displayed, turn over fries and continue cooking.	
4	**Frozen Pasta** Includes: Lasagne Cannelloni	0.3 - 1.0kg	-18 °C Frozen temperature	Micro Mix	• Remove the pasta from foil tray and place in a heat - resistant ceramic dish. • Place on the low rack. • Do not cover. • After cooking, stand	2-5
5	**Crumbed Fish** Includes: Fish fingers Battered Fish	0.1 - 0.5kg	-18 °C Frozen temperature	Micro Top/bottom grill Top grill	• Remove from package. • Place directly onto turntable.	
6	**Finger Food** Includes: Party pies Party sausage rolls Cocktail spring rolls Mini chicken drum sticks Sea shantys Chicken chippees, Calamari	0.2 - 0.8kg	-18 °C Frozen temperature	Micro Top/bottom grill Top grill	• Remove from package. • Place directly onto turntable.	

MULTI COOK MENU GUIDE

MULTI COOK

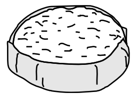
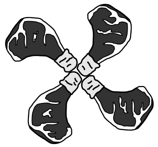
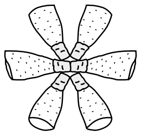
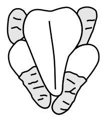
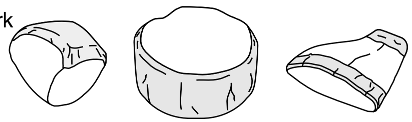
1. Roast Beef
2. Roast Lamb
3. Roast Chicken
4. Roast Pork
5. Grilled Steak/Chops
6. Grilled Chicken Pieces

When you cook the following menus with MULTI COOK, press the MULTI COOK pad and the number pad of the menu.

No.	Menu	Weight Range	Initial Temperature (approx.)	Cooking Method	Procedure	Standing Time (minutes)
1	**Roast Beef** * You can select desired cooking result. MORE - Well done STD - Medium LESS - Rare	0.5-3.0 kg	+3°C Refrigerated	Mix	• Tie meat with string. • Place fat side down on the low rack. • When oven stops and TURN BEEF, OVER is displayed, turn beef over. • After cooking, stand covered with aluminium foil.	5-15
2	**Roast Lamb** * You can select desired cooking result. MORE - Well done STD - Medium	0.5-2.5 kg	+3°C Refrigerated	Mix	• Place fat side down on the low rack. • When oven stops and TURN LAMB, OVER is displayed, turn lamb over. • After cooking, stand covered with aluminium foil.	5-15
3	**Roast Chicken** Preparation before cooking • Remove neck and excess fat from chicken. • Wash and dry chicken. • Tie legs together.	1.0-2.0 kg	+3°C Refrigerated	Mix	• Place breast side down on the low rack. • When oven stops and TURN, CHICKEN OVER is displayed, turn chicken over. • After cooking, stand covered with aluminium foil.	5-15

No.	Menu	Weight Range	Initial Temperature (approx.)	Cooking Method	Procedure	Standing Time (minutes)
4	**Roast Pork**	0.5 - 3.0 kg	+3°C Refrigerated	Mix	• Tie meat with string (loins only). • Brush rind lightly with oil and season with salt. • Place rind side down on the low rack. • When oven stops and TURN PORK, OVER is displayed, turn pork over. • After cooking, stand covered with aluminium foil.	5-15
5	**Grilled Steak/Chops** Includes: T-bone Steak Rump Steak Pork Chops Lamb Chump Chops Lamb loin Chops	0.3 - 1.0 kg	+3°C Refrigerated	Top/bottom grill	• Place directly onto turntable. • When oven stops and DRAIN, JUICES, TURN, STEAK CHOPS, OVER is displayed, DRAIN FAT JUICES and turn meat over.	
6	**Grilled Chicken Pieces**	0.3 - 1.0 kg	+3°C Refrigerated	Mix Top grill	• Place chicken skin side down on the high rack and season. • When oven stops and TURN, CHICKEN, PIECES, OVER is displayed, turn chicken over and season. • After cooking, stand covered with aluminium foil.	5

EASY DEFROST MENU GUIDE

Menu	Quantity min-max (kg's)	Procedure	Standing Time (minutes)
Minced Meat Beef 	0.1-3.0	• Place shielded frozen minced meat on a defrost rack. • When the oven has stopped, remove defrosted portions of mince, turn over and shield edges with foil strips. • After defrost time, stand covered with aluminium foil. • See NOTE below.	10-15
Steak/Chops 	0.1-3.0	• Shield thin end of chops or steaks with foil. • Position the food with thinner parts in the centre in a single layer on a defrost rack. If pieces are stuck together, try to separate as soon as possible. • When the oven has stopped, remove defrosted pieces, turn over and shield the warm portions of remaining pieces. • After defrost time, stand covered with aluminium foil. • See NOTE below.	10-15
Chicken Pieces 	0.1-3.0	• Shield the exposed bone with foil. • Place chicken pieces on a defrost rack. • When the oven has stopped, remove any defrosted pieces, turn over and shield the warm portions of remaining pieces. • After defrost time, stand covered with aluminium foil. • See NOTE below.	5-15
Poultry 	1.0-3.0	• Remove from original wrapper. Shield wing and leg tips with foil. • Place breast side down on a defrost rack. • When the oven has stopped, turn over and shield the warm portions. • After defrost time, stand covered with aluminium foil. N.B. After standing run under cold water to remove giblets if necessary.	15-50
Roast Meat Beef/Lamb/Pork 	0.5-3.0	• Shield the bone and the edge with foil strips about 2.5cm wide. • Place joint with lean side face upwards (if possible) on a defrost rack. • When the oven has stopped, turn over and shield the warm portions. • After defrost time, stand covered with aluminium foil.	15-50

Foods not listed in the Guide can be defrosted using M•LOW setting.

NOTE: When freezing minced meat, shape it into flat even sizes.
For chicken pieces, steaks and chops, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers.
This will ensure even defrosting.
It is also a good idea to label the packs with the correct weights.

RECIPES

INDEX

APPETISERS

QUICK NACHOS

Serves 4

200 g packet corn chips
250 g jar of salsa
1/2 cup sour cream
2 tablespoons tomato paste
1/4 cup grated tasty cheese

1. Place corn chips in base of a flan dish.
2. Mix salsa and sour cream together in a small bowl.Pour over corn chips.
3. Spread tomato paste over the top of salsa.
4. Sprinkle with cheese.
5. Place on the high rack and cook for 4 1/2 minutes on TOP GRILL.
6. Serve immediately with guacamole.

GARLIC AND HERB FOCACCIA

1 focaccia (rectangular)
100 g margarine
2 cloves garlic, crushed
1 teaspoon mixed herbs

1. Carefully cut bread in half.
2. Mix margarine, garlic and herbs together in a small bowl.
3. Spread evenly over focaccia. Place onto the high rack side by side.
4. Cook for 4-5 minutes on TOP GRILL.
5. Cut into strips and serve hot.

VEGETABLE FRITTATA

Serves 4

2 large potatoes, peeled and thinly sliced
1 onion,thinly sliced
5 eggs
450 mL sour cream
340 g can asparagus spears, drained
1/2 red capsicum, cut into strips
2 zucchinis, cut into strips
2 tablespoons parmesan cheese

1. Arrange potatoes and onion over base of greased 23 cm pie plate.
2. Combine eggs and sour cream. Pour half the mixture over potatoes.
3. Cook for 10-12 minutes on 70% on the low rack.
4. Arrange asparagus, capsicum and zucchinis in a circle over potato. Pour over remaining egg mixture. Sprinkle with cheese.
5. Cook on the low rack for 10-12 minutes on HIGH MIX TOP GRILL, and 4 minutes on TOP GRILL.
6. Stand covered with foil for 5 minutes.
7. Cut into wedges.

CRUSTY ROSEMARY LAMB

Serves 4-6

1/4 cup brown sugar
2 tablespoons seeded mustard
1 tablespoon lemon juice
2 tablespoons chopped fresh rosemary
1.5 kg leg lamb

1. Combine brown sugar, mustard, lemon juice and rosemary in a small bowl.
2. Place fat side down on the low rack.
3. Cook for 14 minutes on HIGH MIX TOP GRILL and 3 minutes on TOP GRILL. Turn over, shielding shank with foil to prevent overcooking. Spread combined ingredients over leg of lamb. Cook for a further 14 minutes on HIGH MIX TOP GRILL and 3 minutes on TOP GRILL (for medium). Or cook for 16 minutes on HIGH MIX TOP GRILL and 3 minutes on TOP GRILL. Turn over, shielding shank with foil to prevent overcooking. Spread combined ingredients over leg of lamb. Cook for a further 16 minutes on HIGH MIX TOP GRILL and 3 minutes on TOP GRILL (for well done).
4. Allow to stand 10 minutes covered with foil before carving.

SHEPHERD'S PIE

Serves 6-8

4 large potatoes (approx.1 kg)
1 tablespoon butter
1 tablespoon milk
salt and pepper
1 kg minced beef
1 onion, chopped
1 tablespoon gravy powder
2/3 cup tomato sauce
1 tablespoon Worcestershire sauce
1 tomato, chopped
2 tablespoons parsley
1 egg, beaten

1. Peel and cut potatoes into 2.5 cm cubes. Place in a large bowl. Add 2 tablespoons water; cover and cook for 12-14 minutes on 100% or until tender. Drain.
2. Mash potatoes; add butter, milk, salt and pepper.
3. In a large bowl, combine mince and onion and cook for 10-12 minutes on 70%, stirring every 2 minutes. Drain juices from meat.
4. Add gravy powder, tomato sauce, Worcestershire sauce, tomato and parsley. Mix well.
5. Spoon mixture into a 25 cm x 20 cm rectangular dish.
6. Spread mashed potato evenly over top of mixture. Brush with beaten egg.
7. Cook for 23-25 minutes on HIGH MIX TOP GRILL and 6 minutes on TOP GRILL.
8. Allow to stand coverd with foil for 10 minutes before serving.

LASAGNE

Serves 4-6

MEAT SAUCE INGREDIENTS

30 g butter
1 onion, chopped
1 kg topside mince
1/4 cup tomato paste
240 g jar bolognese sauce
200 g can champignons, drained
1 clove garlic, crushed (optional)

CHEESE SAUCE INGREDIENTS

90 g butter
1/3 cup flour
1 3/4 cups milk
125 g tasty cheese, grated
200 g packet instant lasagne sheets
100 g mozzarella cheese, grated

MEAT SAUCE METHOD

1. Place butter and onion in a Pyrex bowl. Cook for 2-3 minutes on 100%.
2. Stir in mince. Cook, uncovered, for 12-14 minutes on 70%, stirring every 2 minutes. Drain excess fat.
3. Stir in tomato paste, bolognese sauce, champignons and garlic.

CHEESE SAUCE METHOD

1. Melt butter for 50-60 seconds on 100%. Stir in flour; cook for further 1 minute on 100%.
2. Gradually stir in milk. Cook for 4-6 minutes on 100%, stirring every minute.
3. Stir in tasty cheese.

TO COMBINE

1. Use a 20 x 20 cm deep casserole dish.
2. Dip lasagne sheets in hot water, then cover base of dish.
3. Spoon over sheets one-third of meat sauce. Cover with one-third of cheese sauce.
4. Repeat the process 3 times, ending with the cheese sauce.
5. Sprinkle with mozzarella cheese.
6. Cook for 24-26 minutes on HIGH MIX TOP GRILL and 4 minutes on TOP GRILL.
7. Allow to stand 10 minutes before serving.
8. Serve with a fresh garden salad and bread.

SPRINGTIME LAMB CASSEROLE

Serves 4

1 packet (30 g) French onion soup
1/4 cup plain flour
750 g lamb, cubed
4 spring onions, quartered
2 carrots, thinly sliced
1 cup chicken stock
310 g can corn kernels, drained
2 sticks celery, finely chopped
300 mL carton sour cream

1. Combine French onion soup mix and flour in a 2-3-litre casserole dish. Toss the lamb in flour mixture, coating thoroughly.
2. Add onions and carrots, stir in chicken stock and mix well.
3. Cover and cook for 22-24 minutes on 50%, stirring during cooking.
4. Add corn, celery and sour cream. Mix well.
5. Cook a further 16-18 minutes on 50%.

CURRIED SAUSAGES

Serves 4-6

1 kg sausages
2 tablespoons butter
2 onions, chopped
1 small Granny Smith apple, peeled and finely chopped
3 teaspoons curry powder
1/4 cup sultanas
1 beef stock cube
1 1/2 cups water
1/4 cup flour

1. Pierce sausages with a fork twice. Arrange sausages on the low rack.
2. Cook for 14-16 minutes on 50%, turning halfway through cooking. Cut sausages into thirds.
3. In a 2-3-litre casserole dish, place butter, onions, apple, curry powder and sultanas; mix well. Cover and cook for 4-6 minutes on 100%.
4. Dissolve stock cube in water.
5. Mix in flour and stock, cover and cook for 4-5 minutes on 100%, stirring once.
6. Add sausages and stir.
7. Cover and cook for an extra 6-7 minutes on 50%. Serve with boiled rice or noodles.

BEEF STROGANOFF

Serves 6

1 kg rump steak, cut into strips
1/2 cup plain flour
salt and pepper
1 onion, finely chopped
2 tablespoons tomato purée
1 1/2 cups beef stock
1/4 cup red wine
100 g mushrooms, thinly sliced
300 mL sour cream

1. Toss steak with flour, salt and pepper in a freezer bag until evenly coated.
2. Place steak, left-over flour, onion, tomato purée, beef stock and red wine in a 3-litre casserole dish.
3. Cook, covered, for 35 minutes on 50%, stirring twice during cooking.
4. Stir in mushrooms and sour cream. Cook for a further 4-5 minutes on 50%.
5. Serve with boiled rice.

CORNED BEEF

Serves 6-8

2 tablespoons brown sugar
2 tablespoons malt vinegar
3 cups hot water
1.5 kg corned beef

1. Place in a casserole dish just large enough to contain it.
2. Add brown sugar, malt vinegar and hot water.
3. Cover with lid and cook for 70 minutes on 50%, turning over halfway through cooking. Allow to stand covered with foil for 10 minutes before serving.
4. Serve with white sauce.

VEAL À LA MEDALLION

Serves 4-6

1 kg veal, cubed
$\frac{1}{2}$ cup plain flour
salt and pepper
$\frac{3}{4}$ cup water
1 cup finely chopped shallots
2 carrots, thinly sliced
$\frac{1}{2}$ teaspoon grated lemon rind
2 rashers bacon, chopped
250 g fresh mushrooms, sliced
300 mL carton sour cream
1 tablespoon chopped chives

1. Toss veal in flour. Place in a 3 litre casserole dish. Stir in salt, pepper, water, shallots, carrots, lemon rind and bacon.
2. Cover and cook for 40 minutes on 50%, stirring 2-3 times during cooking.
3. Stir in mushrooms and sour cream.
4. Cover and cook a further 5-7 minutes on 50%.
5. Sprinkle with chives.

VEAL AND PINEAPPLE

Serves 4-6

2 tablespoons flour
2 teaspoons mixed herbs
1 teaspoon chicken stock powder
black pepper
750 g veal, diced
4 rashers bacon, chopped
3 shallots, chopped
440 g can pineapple pieces, drained
1 cup tomato sauce
2 tablespoons chopped parsley

1. Mix first 4 ingredients together in a large casserole dish.
2. Add the veal; toss to coat in the seasonings. Stir in bacon, shallots, pineapple pieces and tomato sauce.
3. Cover and cook for 35 minutes on 50%, stirring 2-3 times during cooking.
4. Sprinkle with parsley and serve with rice.

HERBED LOIN OF LAMB

Serves 8

$\frac{1}{2}$ cup white wine
$\frac{1}{4}$ cup oil
3 cloves garlic, crushed
freshly ground black pepper
1 teaspoon rosemary spikes
1 kg loin of lamb

1. Mix all ingredients except lamb together to form a marinade in a small bowl.
2. Place loin of lamb in a large shallow dish and pour over marinade; leave overnight.
3. Remove loin of lamb from marinade and roll loin tightly, securing with string.
4. Place on the low rack.Cook for 10-12 minutes on HIGH MIX TOP GRILL and 3 minutes on TOP GRILL. Turn meat over and cook for a further 10-12 minutes on HIGH MIX TOP GRILL and 3 minutes on TOP GRILL. (for medium). Or cook for 14-16 minutes on HIGH MIX TOP GRILL and 3 minutes on TOP GRILL. Turn meat over and cook for a further 14-16 minutes on HIGH MIX TOP GRILL and 3 minutes on TOP GRILL (for well done).
5. Allow to stand 10 minutes covered with foil before carving.

ITALIAN SPAGHETTI SAUCE

Serves 4-6

500 g topside mince
1 onion, chopped
1 clove garlic, crushed
410 g can whole tomatoes
$\frac{1}{2}$ cup tomato paste
100 g mushrooms, sliced
1 tablespoon chopped parsley
1 teaspoon salt
$\frac{1}{2}$ teaspoon dried oregano leaves
$\frac{1}{2}$ teaspoon dried basil leaves

1. Mix mince, onion and garlic together in a large bowl. Cook for 8-10 minutes on 70%, stirring every 2 minutes. Drain well.
2. Stir in canned tomatoes, tomato paste, mushrooms, parsley, salt, oregano and basil.
3. Cook a further 8-11 minutes on 70%. Stir halfway through cooking.
4. Serve over hot spaghetti.

BEEF MADEIRA
Serves 4-6

750 g blade or round steak, cubed
1/4 cup plain flour
1 large onion, sliced
2 carrots, thinly sliced
1 clove garlic, crushed
1/2 cup beef stock
1/2 cup madeira or sherry
1/2 teaspoon paprika
350 g beans, washed and sliced
1 green capsicum, sliced

1. In a 3-litre casserole dish, combine meat and flour; mix well.
2. Add onions and carrots.
3. In a jug, combine garlic, beef stock, madeira or sherry, and paprika; stir well. Pour over beef.
4. Cook, covered, for 20-22 minutes on 50%, stirring 2-3 times during cooking.
5. Add beans and capsicum. Cover and cook a further 24-26 minutes on 50%, stirring twice during cooking.

TROPICAL CURRY LAMB
Serves 4-6

1 onion, thinly sliced
1 kg lamb, trimmed and cubed
1 cup chicken stock
1 teaspoon chicken stock powder, extra
3 teaspoons curry powder
825 g can apricot halves, drained, reserving 1/2 cup syrup
2 tablespoons arrowroot

1. Place onion, lamb, chicken stock, stock powder and curry powder into a 3-litre casserole dish.
2. Cover and cook for 28-30 minutes on 50%; stir twice during cooking.
3. Drain lamb and reserve 1/2 cup of liquid.
4. Combine liquid, apricot syrup and arrowroot. Cook for 1-2 minutes on 100%.
5. Combine lamb, apricots and stock mixture and liquid, together in a 3-litre casserole dish and cover.
6. Heat through for 12-14 minutes on 50%.
7. Serve with boiled rice.

MINTED PICNIC LOAF
Serves 6-8

2 cups stale breadcrumbs
1/2 cup milk
1 large potato, grated
500 g sausage mince
500 g minced beef
1/2 cup tomato sauce
2 tablespoons chopped fresh mint

TOPPING

1 cup grated fresh parmesan cheese
1 cup stale breadcrumbs
1 tablespoon chopped fresh mint

1. Combine breadcrumbs and milk in medium bowl; stand for 5 minutes.
2. Add potato, mince, tomato sauce and mint to breadcumb mixture; mix well.
3. Press mixture into an 11 cm x 25 cm loaf dish lined with paper towels.
4. Place on low rack. Cook for 24-26 minutes on 50%.
5. Drain excess liquid from loaf dish.

TOPPING

1. Combine topping ingredients and press evenly over loaf. Cook for a further 3-4 minutes on TOP GRILL.
2. Allow to stand 10 minutes before turning out. Serve hot or cold.

CHILLI CON CARNE
Serves 4-6

1 kg mince
1 large onion, finely chopped
825 g can peeled tomatoes
salt and pepper
1-2 teaspoons chilli powder
1 tablespoon vinegar
1 teaspoon sugar
375 g jar tomato paste
425 g can red kidney beans, drained

1. Mix mince and onion together in a large bowl. Cook for 10-12 minutes on 70%, stirring every 2 minutes.
2. Stir in tomatoes, salt and pepper, chilli powder, vinegar, sugar, tomato paste and kidney beans.
3. Cook for 20-22 minutes on 70%, stirring twice during cooking.
4. Serve with boiled rice.

APRICOT AND ALMOND CRUSTY LAMB
Serves 4

200 g dried apricots, finely chopped
1 cup fresh breadcrumbs
1/2 cup ground almonds
2 teaspoons dried rosemary
1 egg, lightly beaten
1 rack of lamb (approx. 8 chops)
1 tablespoon apricot jam

1. Mix together in a small bowl, apricots, breadcrumbs, ground almonds, rosemary and egg.
2. Brush lamb with apricot jam.
3. Place apricot crust on top of lamb.
4. Place on the low rack. Cook for 22-24 minutes on 50% and 3 minutes on TOP GRILL. Allow to stand 10 minutes covered with foil before carving.

FILLET MIGNON
Serves 4

4x scotch fillet steaks, approx 2.5 cm thick
4 rashers bacon

1. Remove rind of bacon.
2. Wrap 1 rasher of bacon around each fillet, secure with a toothpick.
3. Place directly onto turntable.
4. Cook for 10 minutes on TOP and BOTTOM GRILL.
5. Turn over and drain juices, cook for a further 6 1/2 minutes on TOP and BOTTOM GRILL.
6. Remove toothpick before serving.
7. Serve with mushroom sauce.

HONEY ROAST LAMB
Serves 4-6

1.5 kg leg lamb
3 tablespoons honey
1 tablespoon Dijon mustard

1. Combine honey and Dijon mustard in a small bowl.
2. Place fat-side down on the low rack.
3. Cook for 14 minutes on HIGH MIX TOP GRILL and 3 minutes on TOP GRILL. Turn meat over, brush combined ingredients over leg of lamb, and shield shank with foil to prevent over cooking.
   Cook for a further 14 minutes on HIGH MIX TOP GRILL and 3 minutes on TOP GRILL (for medium).
   Or cook for 16-18 minutes on HIGH MIX TOP GRILL and 3 minutes on TOP GRILL.Turn meat over, brush combined ingredients over leg of lamb, and shield shank with foil to prevent overcooking.
   Cook for a further 16-18 minutes on HIGH MIX TOP GRILL and 3 minutes on TOP GRILL (for well done).
4. Allow to stand 10 minutes covered with foil before carving.

SPINACH LOIN OF LAMB
Serves 4-6

1.0 kg loin of lamb
1 large spinach leaf, shredded
1 tablespoon butter
1 large onion, chopped
salt and pepper

1. Butterfly loin of lamb and flatten slightly with a meat mallet.
2. Spread with shredded spinach.
3. Place butter and onion in a Pyrex bowl. Cook for 3 minutes on 100%. Sprinkle over spinach.
4. Season with salt and pepper.
5. Roll up loin and secure with string.
6. Place on the low rack, fat-side down, cook for 14-16 minutes on 70% and 3 minutes on TOP GRILL. Turn over and cook for a further 14-16 minutes on 70% and 5 minutes on TOP GRILL (for medium). Or cook for 17-19 minutes on 70% and 5 minutes on TOP GRILL. Turn over and cook for a further 17-19 minutes on 70% and 3 minutes on TOP GRILL (for well done).

HAMBURGER

Serves 6

500 g mince
1 onion, chopped
1 egg
1 tablespoon tomato sauce
1 teaspoon mixed herbs
1 teaspoon seasoned pepper
3/4 cup breadcrumbs

1. In a large bowl, combine mince, onion, egg, tomato sauce, mixed herbs and seasoned pepper.
2. Shape into 6 equal patties. Place directly onto turntable. Cook for 9-10 minutes on TOP and BOTTOM GRILL.
3. Drain juices, turn patties over and cook for a further 9-10 minutes on TOP and BOTTOM GRILL.
4. Serve on hambuger bun with lettuce and tomato.

GRILLED KEBABS

Serves 4

500 g chicken breasts
1 large onion, coarsely chopped
1 green capsicum, coarsely chopped

1. Cut chicken into cubes.
2. Thread capsicum, onion and chicken onto 8 skewers.
3. Place on the high rack and cook for 10-15 minutes on TOP GRILL.
4. Turn over and cook for a further 10-15 minutes on TOP GRILL.
5. Serve on a bed of rice.

PORK RIBS WITH CHILLI PLUM SAUCE

Serves 4

750 g pork ribs
1 tablespoon oyster sauce
2 tablespoons dry sherry
1 tablespoon soy sauce
3 teaspoons black beans sauce
1 1/2 teaspoons five spice powder
1/2 teaspoon pepper
1/4 teaspoon salt

CHILLI PLUM SAUCE

2 teaspoons oil
1 clove garlic
1/2 teaspoon grated green ginger
2 shallots
170 mL bottle plum sauce
1/2 teaspoon chilli sauce
1 chicken stock cube
1/3 cup water
2 teaspoons soy sauce
2 teaspoons cornflour

Sauce Method

1. Add oil, crushed garlic, ginger, chopped shallots. Cook for 1-2 minutes on 100%.
2. Add plum and chilli sauce, stir until combined.
3. Combine water, stock cube, soy sauce and cornflour. Add to mixture. Cook for a further 2 minutes on 100%, until mixture begins to thicken.

Method

1. Remove excess fat from ribs.
2. Cover black beans with water, leave soak for 15 minutes, drain mash with fork.
3. In a large bowl combine oyster sauce, sherry, soy sauce, black beans sauce, five spice powder, pepper and salt.
4. Dip each rib into black bean mixture. Cook for 11 minutes on TOP and BOTTOM GRILL.
5. Turn ribs over, brush each side with chilli plum sauce. Cook for a further 11 minutes on TOP and BOTTOM GRILL until golden brown.
6. Serve with remaining sauce.

MIXED GRILL

Serves 1

1 steak
1 chump chop
1 rasher bacon
1 thick sausage
1 egg

1. Place steak, chop, sausage (pierced 3 times) and bacon directly onto turntable. Cook for 10 minutes on TOP and BOTTOM GRILL.
2. Turn steak, chop, and sausage over, and pierce 3 times again. Drain juices. Add egg.
3. Cook for 6 minutes on TOP and BOTTOM GRILL.

POULTRY

CHICKEN IN A POT

Serves 4-6

1.5 kg chicken thighs
1/4 cup plain flour
2 rashers bacon, finely chopped
1 green capsicum, diced
1 onion, finely chopped
425 g can peeled tomatoes
2 tablespoons tomato paste
2 chicken stock cubes
1 tablespoon soy sauce
salt and pepper
200 g mushrooms, sliced

1. Toss chicken thighs in flour.
2. Combine all ingredients, except mushrooms, in a 3 litre casserole dish.
3. Cover and cook on low rack for 30 minutes on 70%. Stir 2-3 times during cooking.
4. Add mushrooms. Cook, uncovered, a further 5-7 minutes on 70%.

CHICKEN FRICASSEE

Serves 4

1 large cooked chicken
60 g butter
3 tablespoons flour
2 cups chicken stock
1 egg yolk
1/4 cup cream
1/4 teaspoon nutmeg
400 g can artichoke hearts, halved
4 slices processed cheese
chopped parsley

1. Remove meat from chicken and chop into cubes.
2. Melt butter for 40-50 seconds on 100% in a jug. Stir in flour; cook a further 40 seconds.
3. Gradually stir in chicken stock. Cook for 5-6 minutes on 100%, stirring halfway through cooking.
4. Stir in chopped chicken, egg yolk, cream, nutmeg and artichokes.
5. Pour into a 1 1/2-litre casserole dish. Cover and cook for 4-6 minutes on 70%. Stir well.
6. Lay cheese slices across middle of dish.Cook a further 12-14 minutes on 70%.
7. Sprinkle with parsley.

CHICKEN WITH BACON AND LEEK SEASONING

Serves 4

No.15 chicken
60 g butter, melted
1 leek, finely chopped
2 rashers bacon, chopped
1 1/2 cups wholemeal breadcrumbs
1 egg yolk
salt and pepper

1. Combine butter, leek and bacon in a bowl. Cook for 1-2 minutes on 100%.
2. Stir in breadcrumbs, egg yolk and seasonings. Mix well.
3. Fill cavity of chicken with stuffing and secure with a toothpick.
4. Place chicken on the low rack, breast-side down, cook for 12-14 minutes on HIGH MIX TOP GRILL and 7 minutes on TOP GRILL.
5. Turn over, cook a further 12-14 minutes on HIGH MIX TOP GRILL and 7 minutes on TOP GRILL.
6. Stand covered with foil for 10 minutes before carving.

CHICKEN AND APRICOT SALAD

Serves 6

No.15 chicken
20 g butter
1/2 cup mayonnaise
1/4 cup sour cream
1 tablespoon lemon juice
6 ripe fresh apricots, cut into wedges
2 sticks celery, thinly sliced
1/4 teaspoon dried tarragon

1. Melt butter for 20 seconds on 100%, brush chicken with butter. Cook on the low rack for 12-14 minutes on HIGH MIX TOP GRILL and 7 minutes on TOP GRILL.
2. Turn over, brush chicken with butter, and cook for a further 12-14 minutes on HIGH MIX TOP GRILL and 7 minutes on TOP GRILL. Cool.
3. Remove chicken flesh from the bone.
4. Combine mayonnaise, sour cream and lemon juice. Stir in apricots, chicken, celery and tarragon until coated. Chill for 1-2 hours.
5. To serve, line a salad bowl with lettuce leaves. Spoon in salad.

NOTE: Leftover turkey may be substituted for chicken.

CHICKEN PROVENCALE
Serves 4

1/2 cup white wine
425 g can peeled tomatoes
1 large onion, chopped
1 apple, peeled and chopped
1/2 cup black olives
1 teaspoon curry powder
1.25 kg chicken pieces (or 4 marylands)
250 g button mushrooms
chopped parsley

1. In a large jug combine wine, tomatoes, onion, apple, olives and curry powder. Mix well.
2. Arrange chicken pieces in a casserole dish. Pour over sauce. Cover and cook for 26-28 minutes on 70%. Stir once during cooking.
3. When oven stops, stir in mushrooms. Cover and cook for a further 4-6 minutes on 70%.
4. Sprinkle with parsley.

CHICKEN TERRINE
Serves 6-8

60 g butter
6 shallots, chopped
1/2 cup flour
1 cup chicken stock
1 cup milk
1/4 teaspoon tabasco sauce
pepper
250 g cream cheese, softened
1 cooked chicken, chopped
2 teaspoons green peppercorns, chopped
3 teaspoons gelatine
1/2 cup water
6 rashers bacon

1. Melt butter for 40 seconds on 100%. Add shallots and flour. Cook for 1 minute on 100%.
2. Gradually stir in stock and milk. Cook for 4-5 minutes on 100%, stirring every 2 minutes.
3. Stir in tabasco sauce and pepper.
4. Beat cream cheese. Gradually stir in the sauce. Add chicken and peppercorns.
5. Dissolve gelatine in water. Cook for 40 seconds -1 minute on 100%; add to chicken mixture.
6. Line 25 cm x 11 cm loaf dish with paper towel and place bacon across paper towel.
7. Cover with paper towel and cook for 3-5 minutes on 100%.
8. Remove top layer of paper towel.
9. Pour in chicken mixture. Refrigerate overnight.
10. Turn out and slice. Serve with Melba toast.

WHOLEMEAL CHICKEN
Serves 4

1 kg chicken thighs
100 g butter, melted
1/4 cup finely grated parmesan cheese
1 cup wholemeal flour
1 tablespoon chopped parsley

1. Dip chicken thighs in butter.
2. Coat with combined cheese, flour and parsley.
3. Place on the low rack. Cook for 14 minutes on HIGH MIX TOP GRILL and 5-6 minutes on TOP GRILL.
4. Turn over and cook for a further 8-9 minutes on TOP GRILL.

TANDOORI CHICKEN
Serves 4-6

2 fresh red chillies, seeded
1 onion
2 cloves garlic, crushed
2 teaspoons crushed ginger
2 tablespoons lemon juice
2 teaspoons ground cumin
1/2 teaspoon black pepper
3 teaspoons ground coriander
2 whole cloves
1/4 teaspoon cinnamon
1 bay leaf
1/2 teaspoon turmeric
1/2 teaspoon nutmeg
2 teaspoons paprika
6 chicken thighs, skin removed
1 tablespoon vinegar
200 g low-fat yoghurt

1. Purée chillies, onion, garlic, ginger and lemon juice until smooth.
2. Mix cumin, pepper, coriander, cloves, cinnamon, bay leaf, turmeric, nutmeg and paprika in a small bowl.
3. Cook for 1 minute on 100%, stirring halfway through cooking. Remove bay leaf and cloves.
4. Combine chilli mixture and spices together. Spread over chicken.
5. Sprinkle with vinegar and pour over yoghurt. Cover and marinate overnight, stirring occasionally.
6. Place on the low rack, cook for 20-22 minutes on HIGH MIX TOP GRILL and 9 minutes on TOP GRILL.
7. Turn over and cook for 10 minutes on TOP GRILL.
8. Serve with boiled rice.

CHICKEN AND MACARONI BAKE

Serves 4-6

No. 15 chicken
20 g butter, melted
2 cups macaroni
$^1/_4$ cup plain flour
300 mL sour cream
1 cup chicken stock
1 cup grated cheese
1 tablespoon chopped parsley

1. Melt butter for 20 seconds on 100%. Brush chicken with butter. Place on the low rack. Cook for 12-14 minutes on HIGH MIX TOP GRILL and 5 minutes on TOP GRILL. Turn over. Cook for 12-14 minutes on HIGH MIX TOP GRILL and 5 minutes on TOP GRILL.
2. Place macaroni in a large bowl. Cover with hot water. Cook for 22-25 minutes on 100% or until pasta is tender. Drain.
3. Remove flesh from chicken.
4. Mix together plain flour, sour cream and chicken stock.
5. Combine chicken, macaroni and sauce mixture. Sprinkle with cheese and cook for 10-12 minutes on 70% and 4-5 minutes on TOP GRILL.
6. Sprinkle with parsley.
7. Serve immediately with a tossed salad.

APRICOT CHICKEN

Serves 4

4 chicken thighs
1 packet French onion soup
2 tablespoons plain flour
125 mL apricot nectar
825g can apricot halves, drained

1. Toss chicken in combined French onion soup and plain flour.
2. Place in a 3 litre casserole dish and put on low rack.
3. Cook chicken for 13-15 minutes on 70%. Turn chicken over.
4. Pour over apricot nectar and apricots.
5. Cook, covered, for 13-15 minutes on 70%.
6. Serve hot with pasta.

CHEESE AND HERB CHICKEN LEGS

Serves 4

2 tablespoons chopped parsley
1 teaspoon basil
2 teaspoons tarragon
2 teaspoons dill
2 teaspoons mustard powder
1 teaspoon paprika
salt and pepper
1 teaspoon sesame seeds
90 g butter, melted
8 large chicken drumsticks
125 g country cheese biscuits, crushed

1. Mix parsley, basil, tarragon, dill, mustard powder, paprika, salt and pepper, sesame seeds and one-third of butter together in a small bowl.
2. Using a sharp knife, lift skin back from the chicken drumsticks.
3. Spread a teaspoon of herb mixture between skin and chicken.
4. Brush chicken with remaining butter, coat with biscuit crumbs.
5. Place on the low rack, cook for 16-18 minutes on HIGH MIX TOP GRILL and 4-5 minutes on TOP GRILL.
6. Turn over and cook for a futher 6 minutes on TOP GRILL.
7. Allow to stand for 5-10 minutes before serving.

HONEY CHICKEN LEGS

Serves 4

250 mL soy sauce
4 tablespoons honey
1 tablespoon lemon juice
1 clove garlic, crushed
$^1/_2$ teaspoon freshly grated ginger
2 tablespoons oil
8 large chicken legs
sesame seeds

1. Combine soy sauce, honey, lemon juice, garlic, ginger and oil in a small bowl. Pour over chicken and marinate for 2-3 hours.
2. Arrange chicken legs on the low rack. Cook for 18-20 minutes on HIGH MIX TOP GRILL and 10 minutes on TOP GRILL.
3. Turn chicken over and cook for a further 10 minutes onTOP GRILL.
4. Sprinkle with sesame seeds.

CHICKEN CACCIATORE

Serves 6

6 chicken thighs
1/4 cup flour
1 tablespoon Season All salt
1 onion, sliced
30 g butter
1 clove garlic, crushed
2 tablespoons tomato paste
440 g can peeled tomatoes
2 chicken stock cubes
1/2 cup white wine
1 green capsicum, thinly sliced
6 black olives, sliced

1. Place chicken, flour and season all salt into a freezer bag.Toss until chicken is coated.
2. Combine chicken thighs, remaining flour, onion, butter, garlic, tomato paste, juice from tomatoes, stock cubes and white wine in a 5 litre casserole dish.
3. Cover and cook for 26-28 minutes on 70%. Stir 2-3 times during cooking.
4. Add capsicum and chopped tomatoes. Cover and cook a further 10-12 minutes on 70%.
5. Garnish with black olives.

CRUNCHY CAMEMBERT CHICKEN

Serves 6

125 g camembert cheese, finely chopped
2 rashers bacon, finely chopped
1/2 cup toasted, slivered almonds
2 tablespoons seeded mustard
No.15 chicken
2 tablespoons honey

1. Mix camembert, bacon, almonds and 1 tablespoon mustard together in a small bowl.
2. Press camembert mixture between skin and flesh of chicken. Tie chicken legs together.
3. Mix remaining mustard and honey. Brush over chicken.
4. Place breast side down on the low rack, cook for 12-14 minutes on HIGH MIX TOP GRILL.
5. Turn chicken over and brush with remaining mixture.
   Cook for a further 12-14 minutes on HIGH MIX TOP GRILL.
6. Allow to stand covered with foil for 10 minutes before serving.

CHICKEN FILLET BURGERS

Serves 4

4 chicken breast fillets (approx. 500 g)
2 tablespoons flour
1 teaspoon paprika
2 slices ham, sliced in half
2 slices pineapple, sliced in half
4 slices processed cheese

1. Place chicken, flour and paprika into a freezer bag. Toss until chicken is coated.
2. Place chicken fillets on the low rack.
3. Cook for 8-10 minutes on 70%, turning over halfway through cooking.
4. Place ham and pineapple slices on top of each chicken piece.
5. Top with cheese.
6. Cook for 10 minutes on TOP GRILL.
7. Serve on a hamburger bun with lettuce and tomato.

ROAST CHICKEN

Serves 4

No.15 chicken
30 g butter, melted
Season All salt

1. Wash and dry chicken well.
2. Tie legs of chicken together with string.
3. Place breast-side down on the low rack.
4. Baste with butter and sprinkle with Season All salt.
5. Cook for 12-14 minutes on HIGH MIX TOP GRILL and 7 minutes on TOP GRILL.
6. Turn chicken over. Baste with butter and sprinkle with Season All salt.
7. Cook a further 12-14 minutes on HIGH MIX TOP GRILL and 7 minutes on TOP GRILL.
8. Allow to stand covered with foil for 10 minutes before serving.

SEAFOOD

PAELLA

Serves 8

3 cups brown rice
6 cups chicken stock
1 tablespoon olive oil
2 cloves garlic, crushed
1 onion, chopped
4 ripe tomatoes, chopped
$^1/_4$ cup tomato paste
1 cup frozen peas
1 red capsicum, diced
1 green capsicum, diced
$^1/_2$ teaspoon turmeric
paprika
2 cups white wine
1 kg fish fillets, cubed
24 green prawns, peeled with tails intact and deveined
2 calamari tubes, sliced into rings
6 mussels

1. Combine rice and chicken stock together in a large casserole dish. Cook for 45-50 minutes on 100%, until tender.
2. Combine oil, garlic and onion together in a small bowl. Cook for 2-3 minutes on 100%.
3. Stir in tomatoes and tomato paste. Cover and cook for 3-5 minutes on 100%, stirring halfway through cooking.
4. Stir in peas, capsicums, turmeric and paprika. Cook for 5-6 minutes on 100%, stir in cooked rice.
5. In a large bowl, heat white wine for 4-5 minutes on 100%. Add fish fillets. Cover and cook for 4-6 minutes on 50%. Remove fish.
6. Stir in prawns and calamari. Cover and cook a further 8-10 minutes on 50% until prawns turn pink. Remove from wine.
7. Place mussels in remaining white wine. Cook for 3-5 minutes on 70%, until mussels open.
8. Gently fold seafood into rice mixture.
9. Cover and reheat Paella for 14-16 minutes on 50%.
10. Serve with French bread.

CHEESY SALMON ROLLS

Serves 4-6

ROLLS

12 lasagne noodles (200 g packet)
250 g ricotta cheese
90 g cheddar cheese, grated
salt and pepper to taste
2 eggs, lightly beaten
210 g can red salmon, drained
2 teaspoons lemon juice

SAUCE

1 tablespoon cornflour
415 g can tomato purée
2 tablespoons parsley, chopped

1. Soak noodles (4 at a time) in a large bowl of boiling water, till noodles are pliable to roll.
2. Combine ricotta cheese, cheddar cheese, salt and pepper, eggs, salmon and lemon juice; mix well.
3. Place a spoonful of salmon mixture into each lasagne sheet. Roll up tightly. Place in a single layer in a shallow heat-proof dish, seam-side down.

SAUCE

1. **Combine cornflour with 2 tablespoons of tomato purée to form a smooth paste. Stir in remaining purée and parsley.**
2. **Pour tomato purée over salmon rolls and cook for 18-20 minutes on 70% or until noodles are tender.**

GARLIC PRAWNS

Serves 4

24 green king prawns
2 tablespoons butter
3 cloves garlic, crushed
$^1/_3$ cup olive oil
1 tablespoon chopped parsley

1. **Peel and devein prawns, leaving tails intact.**
2. **Combine butter and garlic. Cook for $1^1/_2$-2 minutes on 100%.**
3. **Stir in oil and prawns.**
4. **Cook for 4-6 minutes on 50%, tossing every 2 minutes. Spinkle with parsley.**
5. **Serve in individual dishes with garlic bread.**

STEAMED SCALLOPS IN BLACK BEAN SAUCE

Serves 4

1 tablespoon oil
2 spring onions, finely sliced
1 chilli, seeded and finely chopped
1 tablespoon cornflour
2 teaspoons sugar
1 tablespoon soy sauce
2 tablespoons black bean sauce
500 g scallops

1. In a large bowl combine oil, onions and chilli; cook for 1 minutes on 100%.
2. Stir in cornflour, sugar, soy sauce and black bean sauce.
3. Add scallops; stir well.
4. Cook for 10-12 minutes on 50%, stirring twice during cooking.

CRISPY MARINATED CRAB STICKS

Makes 24

12 crab sticks
2 tablespoons lemon juice
1 clove garlic, crushed
2 teaspoons grated ginger
1 teaspoon sugar
$^1/_4$ cup oil
1 tablespoon soy sauce
8 rashers bacon, rind removed

1. Cut crab sticks in half.
2. Place lemon juice, garlic, ginger, sugar, oil and soy sauce in a bowl. Mix well.
3. Place crab sticks in marinade and allow to stand 2 hours. Drain.
4. Cut bacon into 3 pieces. Wrap each piece around each crab stick; secure with a toothpick.
5. Place on the low rack.
6. Cook for 14-16 minutes on LOW MIX TOP GRILL.
7. Cook for $1^1/_2$ minutes on TOP GRILL.

TAGLIATELLE AND CRAB SALAD

Serves 6-8

500 g tagliatelle pasta
12 crab sticks, sliced
$^1/_2$ cup toasted pine nuts
6 shallots, chopped
$^1/_2$ cup French dressing
300 mL cream
salt and pepper

1. Place tagliatelle into a large bowl. Cover with hot tap water. Cook for 14-16 minutes on 100%, until tender. Drain well.
2. Toss sliced crab sticks, pine nuts and shallots through pasta.
3. Mix French dressing and cream. Season with salt and pepper. Pour over pasta. Toss well.

PRAWN CREOLE

Serves 4

1 tablespoon butter
1 medium onion, chopped
1 capsicum, chopped
1 stick celery, sliced
2 tablespoons flour
425 g can whole tomatoes
$^1/_2$ cup tomato paste
1 cup chicken stock
1 tablespoon parsley
2 teaspoons sugar
$^1/_2$ teaspoon salt
$^1/_2$ teaspoon chilli powder
500 g green prawns, peeled and deveined

1. In a large bowl, combine butter, onion, capsicum and celery. Cook for 4-5 minutes on 100%.
2. Stir in flour, tomatoes, tomato paste, chicken stock, parsley, sugar, salt and chilli powder; mix well.
3. Cook, uncovered, for 5 minutes on 100%, stirring once.
4. Add prawns and cook for 18-20 minutes on 50%, stirring twice. Serve with rice.

SEAFOOD LASAGNE
Serves 6-8

125 g butter
1 1/2 cups plain flour
1 teaspoon dry mustard
4 cups milk
500 g seafood marinara
1 packet precooked lasagne noodles
1 1/2 cups grated tasty cheese

1. Melt butter for 1-2 minutes on 100% in a large bowl.
2. Stir in flour and dry mustard. Cook for 1 1/2 minutes on 100%.
3. Gradually stir in milk. Cook for 6-8 minutes on 100% or until sauce is thick. Stir every 2 minutes.
4. Stir in marinara. Cook for 4-6 minutes on 50%.
5. Dip noodles individually into a large bowl of boiling water.
6. Layer noodles over base of a 2-litre rectanglar casserole dish.
7. Cover noodles with 1/3 marinara sauce and 1/2 cup cheese.
   Repeat process, ending with marinara sauce and cheese.
8. Cook for 16-19 minutes on HIGH MIX TOP GRILL and 3 minutes on TOP GRILL.
9. Allow to stand for 10 minutes before serving.

SESAME PRAWNS
Serves 4

24 green king prawns (approx. 1 kg)
1/4 cup port
1/4 cup oil
1/4 cup chopped parsley
3 shallots, finely chopped
lemon pepper to taste
1/2 cup toasted sesame seeds
6 bamboo skewers

1. Peel prawns, leaving tails intact, and devein. Place in a shallow dish.
2. Combine port, oil, parsley, shallots and lemon pepper. Pour over prawns. Marinate for 1-2 hours.
3. Thread 3-4 prawns onto each bamboo skewer. Coat in sesame seeds.
4. Place skewers on the high rack. Cook for 15-17 minutes on TOP GRILL. Turn over halfway.
5. Serve with satay sauce and rice.

CRAB MORNAY
Serves 6

60 g butter
1/3 cup plain flour
1/2 teaspoon dry mustard
2 cups milk
1 onion, finely chopped
2 x 170 g cans crab meat, drained
2 hard-boiled eggs, sliced
salt and pepper
1/2 cup finely grated cheese
2 tablespoons cornflake crumbs

1. In a large bowl, melt butter for 1-1 1/2 minutes on 100%. Stir in flour and mustard. Cook for a further 1 minute on 100%.
2. Gradually stir in milk. Cook for 4-5 minutes on 100%, stirring every 2 minutes.
3. Stir in onion, crab meat, eggs, salt and pepper and 1/4 cup cheese.
4. Place into a 1-litre serving dish. Sprinkle with cornflake crumbs and remaining cheese.
5. Cook for 13-15 minutes on LOW MIX TOP GRILL.
6. Serve with fresh garden salad.

GARLIC MUSSELS
Serves 4 as entree

500 g mussels
1 cup wine
2 cups water
1 clove garlic, crushed

GARLIC BUTTER

2 tablespoons butter
2 tablespoons olive oil
2 cloves garlic, crushed
pepper

1. Wash mussels under running water; remove all traces of mud, seaweed and barnacles with brush or knife; remove beards. Discard cracked, broken or open mussel shells.
2. In a large bowl, cover mussels with wine, water and garlic. Cook for 16-18 minutes on 50% or until open, removing from liquid as they open. Discard unopened mussels.

GARLIC BUTTER

1. Melt butter in jug for 30 seconds on 100%, add oil, garlic and pepper. Pour 1/2 garlic sauce over mussels; toss well.
2. Arrange mussels in serving bowl and pour remaining sauce over mussels.

SQUID IN TOMATO AND WINE SAUCE

Serves 6

500 g squid tubes
1/2 teaspoon meat tenderiser
1 tablespoon cornflour
1 tablespoon olive oil
1 spring onion, chopped
1 clove garlic, crushed
410 g can tomato, drained and chopped
1/4 cup dry white wine
2 tablespoons tomato paste
1 tablespoon chopped fresh basil

1. Cut squid tubes into rings. Sprinkle with combined meat tenderiser and cornflour. Refrigerate for 30 minutes.
2. Combine oil, onion and garlic. Cook for 1 minute on 100%.
3. Stir in tomatoes, white wine and tomato paste. Cook for 5-6 minutes on 100%.
4. Stir in squid. Cook for 10-12 minutes on 50%, tossing every minute until squid is firm.
5. Sprinkle with fresh basil.
6. Serve with French bread and tossed salad.

BOUILLABAISSE

Serves 8

6 mussels
750 g scallops
500 g green prawns, peeled and deveined
500 g firm fish fillets, cut into bite-size pieces
5 crab sticks, sliced
6 oysters
1 tablespoon olive oil
1 onion, finely chopped
1 clove garlic, crushed
1 1/2 cups fish stock
425 g can tomatoes, puréed
1/2 cup white wine
2 tablespoons tomato paste
1/4 teaspoon turmeric
grated rind of 1 lemon
salt and pepper
1/4 cup chopped fresh basil

1. Wash and clean seafood.
2. Cook oil, onion and garlic in a large casserole dish for 1-2 minutes on 100%.
3. Stir in fish stock, tomatoes, white wine and tomato paste. Cover and cook for 8 minutes on 100%, stirring halfway through cooking.
4. Place mussels into hot stock, cover and simmer for 8-10 minutes on 70% or until mussels open. Discard any which stay closed.
5. Stir in scallops, prawns, turmeric, lemon rind, salt and pepper. Cover and cook for 5-6 minutes on 70%.
6. Stir in fish fillets, crab sticks and oysters. Cover and cook for 14-16 minutes on 70% or until fish flakes.
7. Garnish with fresh basil.

BOMBAY AVOCADO SCALLOPS

Serves 4

4 avocados, halved
500 g scallops, halved
2 tablespoons butter
1 onion, finely chopped
1 Granny Smith apple, chopped
1/2 teaspoon cumin
1/2 teaspoon coriander
1/2 teaspoon turmeric
1 tablespoon flour
1/2 cup cream

1. Remove flesh from avocado, leaving shell intact. Either scoop out with a teaspoon or by making horizontal and vertical cuts in flesh, easing out with a round-bladed knife. Mix halved scallops with the avocado flesh.
2. In a large bowl, combine butter, onion, apple, cumin, coriander and turmeric. Cover and cook for 5-6 minutes on 100%.
3. Add flour and cook, uncovered, a further 1 minute on 100%.
4. Stir in cream, blend well.
5. Add the scallop and avocado mixture.
6. Cook for 18-20 minutes on 50%. Stir during cooking and after cooking.
7. Scoop mixture evenly back into the avocado shells. Serve hot.

OYSTERS KILPATRICK

Serves 1-2

3 rashers bacon, chopped
1 dozen oysters in the half shell
2 tablespoons worcestershire sauce

1. Place bacon in a small bowl, cover and cook for 3 minutes on 100%.
2. Sprinkle bacon over top of oysters, and add sauce. Place on the high rack and cook for 8-10 minutes on TOP GRILL.

PRAWN CUTLETS

Serves 4

16 green king prawns
1 cup breadcrumbs
$^1/_2$ cup plain flour
1 egg (lightly beaten)
2 tablespoons olive oil

1. Peel prawns, leaving tails intact and devein.
2. Cut prawn down the back, flatten slightly with hand to form a cutlet shape.
3. Dust prawns lightly with flour, dip into egg, and coat with breadcrumbs.
4. Spray turntable with non-stick spray.
5. Place directly onto turntable, cook for 7 minutes on BOTTOM GRILL.
6. Turn over and lightly brush each side with oil, cook for a further 7 minutes on BOTTOM GRILL.
7. Serve with tartare sauce.

VEGETABLES

CAULIFLOWER AU GRATIN — Serves 4-6

500 g cauliflower florets
30 g butter
2 tablespoons flour
1 cup milk
1 teaspoon mustard
$1/2$ cup grated cheese
paprika

1. Place cauliflower in a pie dish. Cover and cook on the low rack for 4-6 minutes on 100%, until tender. Drain.
2. Melt butter in a Pyrex jug for 40-50 seconds on 100%.
3. Stir in flour. Cook for 1 minute on 100%.
4. Gradually stir in milk and mustard. Cook for 2-2$1/2$ minutes on 100%, stirring every minute.
5. Stir in cheese until melted.
6. Pour over cauliflower. Sprinkle with paprika.
7. Cook for 6-8 minutes on TOP GRILL.

EASY HOME-MADE RICE RISOTTO — Serves 6-8

1 onion, diced
60 g butter
4 rashers bacon, diced
(or 1 cup cooked chicken or ham)
3 chicken or beef stock cubes
2 cups boiling water
1 cup long-grain rice, well washed
1 cup assorted finely chopped vegetables, e.g. carrots, zucchinis, mushrooms

1. Place onion, butter and bacon in large casserole dish. Cook for 3-4 minutes on 100%. Stir well.
2. Dissolve stock cubes in boiling water; add to onion and bacon. Add all other ingredients. Cover with a lid and cook for 16-18 minutes on 100%. Do not stir while cooking.
3. At the end of this time, all the liquid will have been absorbed.
4. Leave to stand for 5 minutes and stir with a fork before serving.

SCALLOPED POTATOES — Serves 4-6

3 large potatoes (approx. 500 g), peeled and sliced thinly
$1/4$ cup water
1 large onion, sliced
200 g carton light sour cream
1 egg
90 g cheddar cheese, finely grated
paprika

1. Place potatoes in a round or oval shallow dish, add water, cover, and cook for 6-8 minutes on 100% on the low rack.
2. Drain off water.
3. Arrange sliced onion over potatoes.
4. Combine sour cream and egg. Mix well and pour over potatoes. Sprinkle with cheese and a little paprika if desired.
5. Cook uncovered, 6 minutes on HIGH MIX TOP GRILL and 8-10 minutes on TOP GRILL.

HONEY CARROTS — Serves 4

500 g carrots, sliced lengthwise
60 g butter
1 tablespoon honey

1. Combine all ingredients in a casserole dish.
2. Cover and cook for 6-8 minutes on 100%.
3. Stand covered for 3 minutes before serving.

VEGETABLE PLATTER — Serves 4

200 g carrots, sliced
200 g broccoli, cut into florets
100 g zucchinis, sliced

1. Arrange vegetables in a shallow dish with the harder vegetables positioned around the outside and the softer vegetables in the centre.
2. Cover with a lid or plastic wrap.
3. Cook for 4$1/2$-5$1/2$ minutes on 100%.
4. Stand covered for 3 minutes before serving.

POTATO, AVOCADO AND ONION SALAD — Serves 6

1 kg small new potatoes
1 large onion, sliced into rings
1 tablespoon caster sugar
1 tablespoon butter
1/2 cup mayonnaise
150 mL sour cream
black pepper
1 large avocado, cubed
chives

1. Cut unpeeled potatoes in half. Place in a large dish and cover with water. Cook, covered with a lid, for 16-18 minutes on 100% (potatoes should be tender but holding their shape). Drain.
2. Place onion rings, caster sugar and butter in a Pyrex dish. Cook for 8-10 minutes on 100%, stirring twice.
3. Combine mayonnaise, sour cream and black pepper. Pour over potatoes.
4. Toss in onions and avocado; sprinkle with chives.
5. Chill serve.

CHOKOS WITH SOUR CREAM AND BACON — Serves 4-6

2 rashers bacon, chopped
3 medium chokos (500 g), peeled, cored and thinly sliced
150 mL sour cream
1/4 teaspoon dried basil leaves
1/4 teaspoon dried oregano leaves
1/2 cup grated tasty cheese
6 shallots, chopped

1. Cook bacon in a large bowl for 2-3 minutes on 100%. Drain on absorbent paper.
2. Add chokos to bacon fat in bowl; cover and cook for 8-10 minutes on 100% or until tender.
3. Combine sour cream, basil, oregano, cheese and shallots with chokos.
4. Sprinkle with bacon.
5. Cook for 2-3 minutes on 100%.

MINESTRONE — Serves 6

1/2 cup oil
60 g butter
2 onions, peeled and chopped
3 carrots, finely chopped
1 potato, peeled and chopped
3 sticks celery, chopped
2 zucchinis, chopped
1/4 cabbage, shredded
3 cups beef stock
2 x 400 g cans peeled tomatoes
salt and pepper
parmesan cheese

1. Combine oil, butter and onion in a large casserole dish. Cook for 2-3 minutes on 100%.
2. Add carrots and potato. Cover and cook for 5 minutes on 100%.
3. Add celery, zucchini and cabbage. Cover and cook for 3 minutes on 100%. Add stock, undrained tomatoes, salt and pepper. Cook, covered, for 20-25 minutes on 100%, stirring occasionally.
4. Serve hot, topped with parmesan cheese.

STUFFED BAKED POTATOES — Serves 4

4 large potatoes
1/4 cup milk
1/4 cup cream
1/2 cup grated cheddar cheese
30 g butter
2 teaspoons dried parsley flakes
1/4 teaspoon dry mustard
paprika

1. Pierce potatos with a fork; place on turntable. Cook for 10-12 minutes on 100%. Stand in foil for 5 minutes.
2. Cut a thin slice from top of each potato; scoop out cooked potato with a spoon, leaving a thin shell.
3. Stir milk, cream, half the cheese, butter, parsley, mustard and potato. Mix well until no lumps remain.
4. Spoon mixture into each potato shell. Place on the low rack.
5. Sprinkle with remaining cheese and paprika. Cook for 2-3 minutes on 100% and 8 minutes on TOP GRILL.

HOT CURRIED SLAW
Serves 6-8

1/2 large cabbage, finely shredded
1 large carrot, grated
1/2 cup chicken stock
1 onion, peeled and halved
4 whole cloves
2 cloves garlic
2 bay leaves
salt and pepper
60 g butter
2 tablespoons plain flour
1 tablespoon curry powder
3/4 cup cream
1/4 cup dry breadcrumbs
2 teaspoons butter, extra

1. Place cabbage, carrot, stock, onion halves with cloves pressed in, garlic, bay leaves, salt and pepper in a large casserole dish. Cover and cook for 10-12 minutes on 100%, stirring halfway through cooking.
2. Remove onion and bay leaves.
3. Melt butter for 40 seconds on 100% in a jug. Stir in flour and curry powder. Cook for 40 seconds on 100%.
4. Gradually stir in cream. Pour over slaw, then toss. Sprinkle with breadcrumbs and dot with extra butter.
5. Cook covered for 8-10 minutes on 100%. Then cook uncovered for 3 minutes on TOP GRILL.
6. Serve hot.

SQUASH WITH YOGHURT
Serves 4-6

500 g squash
200 g carton natural yoghurt
2 teaspoons seeded mustard
ground black pepper

1. Wash and trim squash. Slice thinly, place in a pyrex pie plate.
2. Cover and cook for 4-6 minutes on 100%, or until just tender. Drain juice prior to adding yoghurt.
3. Combine yoghurt, mustard and pepper and gently fold through the squash.
4. Serve hot.

HONEY GINGERED VEGETABLES
Serves 6

1/2 cup salad dressing
2 teaspoons grated ginger
2 tablespoons honey
1 tablespoon soy sauce
2 tablespoons lemon juice
500 g butternut pumpkin, peeled and thinly sliced
1 cup frozen beans
2 zucchinis, sliced
1/2 cup pecans

1. In a large bowl,heat dressing, ginger, honey, soy sauce and lemon juice for 3-4 minutes on 100%.
2. Add pumpkin and cook covered 4-6 minutes on 100%, until just tender.
3. Stir in beans and zucchinis, cook covered a further 6-7 minutes on 100%.
4. Spoon onto a serving plate. Sprinkle with pecans.

SUNSHINE BRUSSELS SPROUTS
Serves 4

500 g brussels sprouts
30 g butter
1 small onion, finely chopped
1/2 cup milk
4 egg yolks, lightly beaten (ensure all yolks have broken.)
2 tablespoons lemon juice
salt and pepper

1. Place brussels sprouts into a pie plate with 1 tablespoon water.
2. Cover and cook for 5-6 minutes on 100%.
3. Combine butter and onion in a jug. Cook for 2-3 minutes on 100%.
4. Blend remaining ingredients into onion and butter mixture. Cook for 5-6 minutes on 50% until thick, stirring every minute.
5. Pour over brussels sprouts. Heat for 2-3 minutes on 50%.

POTATOES PIZZAIOLA

Serves 4-6

4 large potatoes
1 tablespoon butter
1 clove garlic, crushed
425 g can tomatoes, roughly chopped
2 teaspoons fresh (or 1/2 teaspoon dried) oregano
ground black pepper

1. Peel and dice potatoes into 1.5 cm cubes, rinse and place in a large bowl with 2 tablespoons of water, cover and cook for 8 minutes on 100%, stirring halfway through cooking. Drain.
2. In a small bowl, combine butter and garlic and cook for 50 seconds on 100%.
3. Combine oregano and pepper to garlic mixture.
4. Add tomatoes and garlic mixture to potatoes, ensuring potatoes are well coated.
5. Cook, uncovered, for 10 minutes on 100%, stirring halfway through cooking.

GRILLED TOMATOES

Serves 4

2 tomatoes

1. Cut tomatoes in half.
2. Place directly onto turntable.
3. Cook for 5 minutes on TOP and BOTTOM GRILL.
4. Turn over, cook for 5 minutes on TOP and BOTTOM GRILL.

CAULIFLOWER POLONAISE

Serves 4-6

500g cauliflower
1 cup peanut butter
2 tablespoons honey
200 mL carton natural yoghurt
1 tablespoon parsley
2 hard-boiled eggs, finely chopped (optional)
1/2 cup wholemeal breadcrumbs

1. Trim cauliflower and break into florets.
2. Place cauliflower in a 20 cm pie plate. Cover and cook for 4-6 minutes on 100%.
3. Heat peanut butter and honey in a large jug for 40 seconds on 100%.
4. Add yoghurt to the mixture, stir well.
5. Pour over cooked cauliflower. Combine parsley, eggs and breadcrumbs and sprinkle over peanut butter sauce.
6. Cook for 4-5 minutes on 100% or until hot.
7. Serve hot.

PUMPKIN SALAD

Serves 6-8

1 kg pumpkin, peeled and cubed
3/4 cup walnuts
6 shallots, chopped
1/4 cup finely chopped parsley
1/2 teaspoon nutmeg
ground black pepper
1 cup mayonnaise

1. Place pumpkin in large bowl, add 2 tablespoons of water, cover and cook for 12-14 minutes on 100% or until pumpkin is just cooked, but still firm.
2. Refresh by running cold water over pumpkin. Drain and chill.
3. Mix walnuts, shallots, parsley, nutmeg and pepper with mayonnaise.
4. Fold mayonnaise mixture gently into the pumpkin. Serve chilled.

DESSERTS

CALIFORNIAN APPLE CRUNCH

Serves 6-8

800 g can pie apple
1 1/2 cups White Wings buttercake mix
125 g hard butter, cut into thin slices
3 tablespoons brown sugar
3 tablespoons coconut
2 tablespoons crushed nuts
1 teaspoon cinnamon

1. Place pie apple in a shallow casserole dish.
2. Sprinkle evenly with dry cake mix.
3. Layer sliced butter over cake mix, covering completely.
4. Combine last 4 ingredients and sprinkle over sliced butter.
5. Cook on the low rack for 6 minutes on 100% and 3 1/2 minutes on TOP GRILL.
6. Serve warm with whipped cream.

AUSTRALIAN FRUIT CAKE

Serves 4-6

1 kg mixed fruit
1 cup brown sugar
250 g butter, chopped
2 tablespoons brandy
4 eggs, lightly beaten
2 teaspoons parisienne essence
1 cup plain flour, sifted
1 teaspoon baking powder
salt
1/2 teaspoon nutmeg
1 teaspoon cinnamon
2 tablespoons brandy, extra

1. Preheat oven to 130°C.
2. Combine the first 4 ingredients in a large bowl. Cover and cook for 5 minutes on 100%, stirring once. Allow to cool slightly.
3. Stir in eggs and parisienne essence, followed by dry ingredients.
4. Pour into a greased 20cm square cake tin.
5. Cook for 45-50 minutes on CONVECTION 130°C.
6. Using a 3 cm foil strip, place around the outside of cake container at halfway of cooking time. (This will prevent the outside from overcooking before the centre is cooked.)
7. Stand 5-10 minutes before turning out.
8. Pour over extra brandy. Decorate with extra glacé fruits if desired.

BAKED APPLES

Serves 4

3/4 cup walnuts
1/4 cup brown sugar
2 teaspoons mixed spice
4 large apples
2 tablespoons lemon juice
30 g butter, melted

1. Place walnuts, sugar and mixed spice in a blender or food processor, process until nuts are finely chopped.
2. Peel and core apples, brush with lemon juice.
3. Brush apples with butter. Toss in walnut mixture until evenly coated.
4. Place in base of a 20 cm pie plate. Fill centre of apples with any remaining walnut mixture.
5. Cook for 4-6 minutes on 100% and 6-8 minutes on TOP GRILL. Allow to stand for 5 minutes.
6. Serve with whipped cream.

CHOCOLATE CAKE

175 g Nestlé Milk Choc Melts
100 g butter
125 mL (1/2 cup) sour cream
1 1/4 cups warm water
2 eggs, lightly beaten
2 1/2 cups self-raising flour, sifted
1 cup brown sugar
1/2 teaspoon baking powder

ICING

250 g chocolate
2 tablespoons black coffee
50 mL sour cream

1. Place chocolate and butter in a large bowl. Melt for 1-1 1/2 minutes on 100%, stirring during cooking.
2. Add sour cream and water. Cook a further 1 minute on 100%. Mix well.
3. Stir in eggs, flour, sugar and baking powder.
4. Mix well, pour into a greased microwave safe gugelhopf container.
5. Cook for 11 minutes on 50% followed by 11 minutes on CONVECTION 130°C. Allow to stand 10 minutes before turning out.
6. Allow to cool before icing.

ICING

1. Melt chocolate and coffee for 1-2 minutes on 100%.
2. Add sour cream and beat well.

CHOCOLATE SELF-SAUCING PUDDING

Serves 4-6

60 g butter
1 1/2 cups self-raising flour
1/2 cup caster sugar
1/4 cup cocoa powder
3/4 cup milk
1 teaspoon vanilla essence
1 cup brown sugar
1/3 cup cocoa powder, extra
2 cups boiling water

1. Place butter in a large Pyrex pudding bowl; melt for 40 seconds on 100%.
2. Stir in flour, sugar, cocoa, milk and vanilla. Beat until smooth.
3. Combine brown sugar and extra cocoa. Sprinkle over pudding mixture.
4. Pour boiling water over the mixture.
5. Cook for 12 minutes on 50% and 3 minutes on TOP GRILL. Allow to stand for 5 minutes before serving.
6. Serve hot with ice-cream.

BREAD AND BUTTER PUDDING

Serves 4-6

4 slices multigrain bread, crusts removed
butter
3 tablespoons caster sugar
1/4 cup sultanas
2 1/2 cups milk
1/2 teaspoon vanilla essence
4 eggs, lightly beaten
3 tablespoons brown sugar
1/4 teaspoon nutmeg

1. Spread bread with butter and cut into 2 cm cubes.
2. Place bread, sugar and sultanas in a 1.25-litre pudding bowl.
3. Heat milk and vanilla in a small bowl for 3 minutes on 100%. Gradually whisk into eggs, then pour over bread mixture.
4. Sprinkle with brown sugar and nutmeg.
5. Cook on low rack for 25-28 minutes on 30%.
6. Allow to stand for 5 minutes before serving.

CARAMEL RICE PUDDING

Serves 4-6

1 cup rice
3 cups water
400 g can condensed milk
1 tablespoon butter
1 tablespoon lemon juice
3 eggs, separated
1 tablespoon vanilla essence
2 tablespoons caster sugar
cinnamon sugar

1. Place rice and water in a large Pyrex bowl. Cook for 12-15 minutes on 100%, or until tender. Stir at halfway. Drain.
2. Mix condensed milk and butter together. Cook for 4-6 minutes on 100%, stirring every 20 seconds. (Caramel will boil over if not stirred.)
3. Stir cooked rice, lemon juice, egg yolks and vanilla essence into caramel. Pour into a 2-litre pudding bowl.
4. Beat egg whites until stiff, gradually beat in sugar. Spoon over rice pudding.
5. Sprinkle with cinnamon sugar. Cook for 3-5 minutes on 50% and 3 minutes on TOP GRILL.
6. Stand 5 minutes before serving.

CHOCOLATE MOUSSE

Serves 4

200 g cooking chocolate
2 tablespoons water
2 tablespoons rum
1/4 cup caster sugar
3 egg whites
300 mL carton thickened cream
extra cream for decoration
30 g chocolate, grated

1. Place chocolate, water and rum in a large heatproof bowl. Melt for 30 seconds-1 minute on 100%. Stir in sugar.
2. Allow mixture to cool, then whip until aerated.
3. Beat egg whites until stiff peaks form.
4. Whip the cream until thick but not stiff. Fold cream and beaten egg whites into chocolate mixture.
5. Divide mixture evenly between four dessert glasses. Refrigerate until set.
6. Serve decorated with cream and chocolate shavings.

APRICOT WHEATGERM CRUNCHIES

Makes18

125 g butter
3/4 cup brown sugar, lightly packed
1/2 teaspoon vanilla essence
1 egg
1/2 cup self-raising flour, sifted
3/4 cup wheatgerm
1/3 cup coconut
1/3 cup rolled oats
125 g dried apricots, chopped
1 1/2 cups cornflakes

1. Preheat oven to 160°C.
2. Cream butter and sugar together until light and fluffy. Add vanilla and egg. Beat well.
3. Mix in flour, wheatgerm, coconut, rolled oats, apricots and cornflakes.
4. Shape tablespoonfuls of mixture into balls.
5. Place on a greased pizza tray: flatten slightly with a fork.
6. Place on the low rack. Bake for 10-12 minutes on CONVECTION 160°C.

CHOCOLATE CHIP COOKIES

Makes24

125 g butter
1/2 cup caster sugar
1/2 cup brown sugar, lightly packed
1/2 teaspoon vanilla essence
1 egg
1 3/4 cups self-raising flour, sifted
1/2 teaspoon salt
125 g choc bits
60 g walnut pieces

1. Preheat oven to 160°C.
2. Cream butter, sugars and vanilla until light and fluffy. Beat in egg.
3. Mix in flour, salt, choc bits and walnut pieces.
4. Shape tablespoonfuls of mixture into balls. Place on a lightly greased pizza tray: press down slightly, allowing room for spreading.
5. Place on the low rack. Bake for 12-14 minutes on CONVECTION 160°C.

MUESLI CUSTARD DELIGHT

Serves 6-8

300 g carton, sour cream
3 x 425 g can, sliced peaches, drained
1 cup butter cake mix
2 cups toasted muesli
1/2 cup coconut
175 g butter, melted

1. Spread sour cream evenly over base of a 20 cm pie plate. Sprinkle with drained peaches.
2. Combine butter cake mix, muesli, coconut and butter in a small bowl. Mix well.
3. Spread muesli mixture over peaches.
4. Cook on the low rack for 6 minutes on 100% and 4 minutes on TOP GRILL.
5. Stand 5 minutes before serving.

CHARTS

DEFROSTING FROZEN FOODS

Procedure:

1. Remove wrapping from meat.
2. Place frozen meat on a defrost rack. Shield.
3. Defrost using MEDIUM LOW/DEFROST power level (30%).
4. Halfway through defrosting, remove any defrosted portions, e.g. steak,mince.

Turn over and shield. Continue defrosting.

DEFROSTING TIMES AND TECHNIQUES FOR MEAT AND POULTRY

CUT	MICROWAVE TIME	STANDING TIME
BEEF (Roast)	10-12 minutes/500 g	10-15 minutes
Steaks	8-9 minutes/500 g	5-10 minutes
Minced Beef	10-12 minutes/500 g	5-10 minutes
PORK (Roast)	7-9 minutes/500 g	10-15 minutes
Chops	6-8 minutes/500 g	7-9 minutes
Ribs	8-10 minutes/500 g	5-10 minutes
Minced Pork	10 minutes/500 g	5-10 minutes
LAMB (Roast)	10-12 minutes/500 g	10-15 minutes
Shoulder	8-10 minutes/500 g	10-15 minutes
Chops	8-10 minutes/500 g	7-9 minutes
POULTRY		
Turkey Pieces	8-10 minutes/500 g	10-15 minutes
Chicken (Whole)	10-12 minutes/500 g	9-11 minutes
Pieces	8-12 minutes/500 g	10-15 minutes
Duck	10-12 minutes/500 g	8-10 minutes

DEFROSTING TIMES AND TECHNIQUES FOR SEAFOOD, BREAD AND PIES

SEAFOOD	MICROWAVE TIME	STANDING TIME	PROCEDURES
Whole Fish	4-6 minutes/500 g	5 minutes	Shield head and tail with foil. Separate and rearrange halfway through defrosting.
Scallops	6-8 minutes/500 g	2-3 minutes	Separate as soon as possible.
Prawns	4-6 minutes/500 g	2-3 minutes	Separate as soon as possible.

BREAD	MICROWAVE TIME	PROCEDURES
2 slices	30 seconds	Place between paper towel directly on turntable.
4 slices	50 seconds	
Bread Rolls	30 seconds per roll	

PIES	MICROWAVE TIME	PROCEDURES
Individual	4-5 minutes	Place between paper towel on a rack. Allow to stand 5 minutes before reheating.
Whole	8-10 minutes	

FRESH VEGETABLE CHART

VEGETABLE	AMOUNT	MICROWAVE TIME AT HIGH (100%)	COOKING PROCEDURE
Asparagus	500 g	3-3$^1/_2$ minutes	Wash and place in a freezer bag. Allow to stand 3 minutes before serving.
Beans	500 g	5-5$^1/_2$ minutes	Cut into 4 cm pieces. Place in a dish with 1 tablespoon water. Cook covered. Allow to stand 3 minutes before serving.
Broccoli	500 g	3-3$^1/_2$ minutes	Cut into uniform florets. Arrange with flower towards centre. Cook covered. Allow to stand 3 minutes before serving.
Brussels sprouts	500 g	3-4 minutes	Arrange in a 23 cm flan dish. Arrange with stalk towards outside. Cook covered. Allow to stand 3 minutes before serving.
Cabbage	500 g	7-8 minutes	Shred and cook in a dish with 2 tablespoons water. Cook covered. Allow to stand 3 minutes before serving.
Carrots	500 g	4-6 minutes	Peel and slice. Arrange in a dish. Cook covered. Allow to stand 3 minutes before serving.
Cauliflower	500 g	5-6 minutes	Cut into uniform florets. Arrange with flower towards centre, with 1 tablespoon water. Cook covered. Allow to stand 3 minutes before serving.
Chokos	500 g (2)	5-6 minutes	Cut into quarters. Place in a 20 cm pie plate with 1 tablespoon of water. Cook covered. Allow to stand 3 minutes before serving.
Corn (on cob)	500 g (2) 1 kg (4)	7-8 minutes 15-17 minutes	Arrange in a dish with $^1/_4$ cup water. Cook covered. Turn over during cooking. Allow to stand 3 minutes before serving. Arrange in a dish with $^1/_3$ cup water. Cook covered. Turn over during cooking. Allow to stand 5 minutes before serving.
Eggplant	500 g	4-5 minutes	Cut into 2 cm cubes. Place in a dish with 2 tablespoons water. Cook covered. Allow to stand 3 minutes before serving.

VEGETABLE	AMOUNT	MICROWAVE TIME AT HIGH (100%)	COOKING PROCEDURE
Mushrooms	500 g	4-5 minutes	Sliced or whole. Place in a dish with 2 teaspoons butter. Cook covered Allow to stand 3 minutes before serving.
Peas - Green - Snow	500 g 500 g	4-5 minutes 3-4 minutes	Cook in a dish with 1 teaspoon sugar and 1 tablespoon water. Cook covered. Allow to stand 1-5 minutes before serving. Remove string from pod. Cook in a dish with 1 tablespoon water. Cook covered. Allow to stand 3 minutes before serving.
Potatoes (jacket) (baked)	2 medium 4 small 2 medium 4 small	5-5$^1/_2$ minutes 5-6 minutes	Pierce skin with a fork. Place on turntable. Turn over halfway through cooking. Allow to stand wrapped in foil 3 minutes. Peel and quarter potatoes. Cook in a dish with 1/3 cup water. Cook covered. Allow to stand 3 minutes before serving.
Pumpkin	500 g	9-10 minutes	Peel and cut into serving-size pieces. Place in a dish and cook covered. Allow to stand 1-5 minutes before serving.
Spinach	500 g	5-6 minutes	Wash and shred. Cook, covered, in a dish with 2 tablespoons water. Allow to stand 3 minutes before serving.
Squash	500 g	4-5 minutes	Wash and place in a dish. Pierce whole squash with a fork. Cook covered. Allow to stand 3 minutes before serving.
Sweet Potato	500 g 1 kg	5-6 minutes 12-14 minutes	Peel and quarter potatoes. Cook, covered, in a dish with $^1/_2$ cup water. Allow to stand 3-5 minutes before serving.
Tomatoes	500 g	2$^1/_2$-3$^1/_2$ minutes	Cut into quarters. Place in a dish. Season and cook covered. Allow to stand 3 minutes before serving.
Zucchini	500 g	4-5 minutes	Cut into uniform-size pieces. Place in a dish with 1 tablespoon covered water and 1 tablespoon butter. Cook covered. Allow to stand 3 minutes before serving.
Vegetables (canned)	500 g	2-4 minutes	Drain, reserving 2 tablespoons liquid. Place vegetables and reserved liquid in a dish and cook covered. Allow to stand 3 minutes before serving.

FROZEN VEGETABLE CHART

1. Place vegetables in a dish. Cover with a lid.
2. Allow to stand 1-3 minutes before serving.

VEGETABLE	WEIGHT	MICROWAVE TIME AT HIGH (100%)	SPECIAL PROCEDURES
Asparagus	500 g	7-8 minutes	
Beans (green, cut)	500 g	8-9 minutes	
Broccoli	500 g	8-8$^1/_2$ minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Brussels sprouts	500 g	7$^1/_2$-8$^1/_2$ minutes	
Carrots (whole) (sliced)	500 g 500 g	7-8 minutes 8-9 minutes	
Cauliflower	500 g	8-10 minutes	Break apart as soon as possible.Arrange with flower towards the centre.
Corn (on cob)	4 pieces (500 g)	7$^1/_2$-8$^1/_2$ minutes	
(kernel)	500 g	8-9 minutes	Add 1 teaspoon of butter.
Peas (green)	500 g	8-9 minutes	
Spinach	250 g	5-6 minutes	Break apart as soon as possible.
Mixed Vegetables	500 g	9-10 minutes	Break apart as soon as possible.

RICE AND PASTA COOKING CHART

FOOD	OTHER INGREDIENTS	COOKING TIME
1 cup white rice	2 cups hot water	12-13 minutes on HIGH
1 cup brown rice	2 cups hot water	23-25 minutes on HIGH
1 cup macaroni	4 cups boiling water	11-13 minutes on HIGH
250 g spaghetti	4 cups boiling water	9-11 minutes on HIGH
250 g fettuccine	4 cups boiling water	9-11 minutes on HIGH
$^1/_3$ cup quick-cooking oats	$^3/_4$ cup water/milk	1-2 minutes on HIGH
1 cup quick-cooking oats	2$^1/_4$ cups water/milk	5$^1/_2$-6$^1/_2$ minutes minutes on HIGH

Procedure:

Place rice/pasta/oats in a large bowl with water. Cook uncovered, stirring twice during cooking. Allow to stand 2 minutes.

GUIDE TO COOKING EGGS

SCRAMBLED EGG GUIDE

Place butter, eggs, and milk in a small bowl.
Beat with a fork until well combined and yolks of eggs are completely stirred in. Cook uncovered, stirring halfway through cooking.

Egg(s)	Butter	Milk	Cook MEDIUM HIGH (70%)
1	1 tsp.	3 tsp.	1$^3/_4$ min.
2	1$^1/_2$ tsp.	3 tsp.	2$^1/_4$ min.
3	2 tsp.	1 tbsp.	3$^3/_4$ min.
4	2$^1/_2$ tsp.	$^1/_3$ cup	4 min.

REHEATING CONVENIENCE / DEFROSTING CONVENIENCE – FOOD CHART

FOOD	WEIGHT	COOKING TIME AND POWER LEVEL	SPECIAL INSTRUCTIONS	STANDING TIME
Beverage (room temp.) 250 mL per cup	1 cup 2 cups	2 minutes on 100% 4 minutes on 100%	Stir after heating.	—
Canned Food (room temp.) (e.g. Spaghetti, Baked Beans)	1 cup 2 cups	5-5$\frac{1}{2}$ minutes on 50% 10 minutes on 50%	Place food in bowl. Cover plastic wrap or lid. Stir halfway.	1-2 minutes
Canned Soup (room temp.) 250 mL per cup	1 cup 2 cups	2-2$\frac{1}{2}$ minutes 100% 5 minutes on 100%	Stir halfway through cooking. Stir after heating.	—
Meat Pie (refrigerated) Individual 180 g each	1 pie 4 pies	2-2$\frac{1}{2}$ minutes on 50% followed by 4-4$\frac{1}{2}$ minutes on TOP/BOTTOM GRILL 6-6$\frac{1}{2}$ minutes on 50% followed by 6-6$\frac{1}{2}$ minutes on TOP/BOTTOM GRILL	Place directly on turntable, face side down. When oven stops, turn pie over and continue cooking.	1-3 minutes
Frozen Pasta Dinners (e.g. Lasagne)	300-500 g 500-750 g	5-7 minutes on 100% followed by 4-6 minutes on 50%, and 3-4 minutes on TOP/BOTTOM GRILL 7-9 minutes on 100% followed by 6-8 minutes on 50%, and 3-5 minutes on TOP/BOTTOM GRILL	Remove from foil container. Place in a dish same size. Allow to stand.	2-3 minutes
Pizza (refrigerated) 100 g per slice	1 slice 2 slices	1-2 minutes on 70% 1$\frac{1}{2}$-2$\frac{1}{2}$ minutes on 70%	Place on paper towel. Place directly on turntable. Allow to stand.	—
Dinner Plate (refrigerated) 350 g-400 g per serve	1 serve	6$\frac{1}{2}$-7 minutes on 50%	Slice potato. Cover plate with plastic wrap. Place directly on turntable. Allow to stand.	2 minutes
Casserole (refrigerated) 250 g per serve	1 serve 2 seves	6-7 minutes on 50% 11-12 minutes on 50%	Place in a bowl, cover with plastic wrap. Place directly on turntable. Stir halfway. Allow to stand, then stir.	1-2 minutes
Croissants (frozen)	1 2	40 sec-1 minute on 30% 1$\frac{1}{4}$-1$\frac{1}{2}$ minutes on 30%	Place between paper towels. Place directly on the turntable.	—
Fruit Pie whole (frozen)	600 g	10 minutes on LOW MIX TOP GRILL followed by 2 minutes on TOP/BOTTOM GRILL	Keep in foil container. Place on turntable. Allow to stand. Remove from foil container. Place directly on the	2-3 minutes
Fruit Pie individual (frozen) 135 g each	1 2	1$\frac{1}{2}$ minutes on 50% followed by 4 minutes on TOP/BOTTOM GRILL	turntable. Allow to stand. Remove from foil container. Place on dinner plate. Allow	1-2 minutes
Danish Pastry whole (frozen)	400 g	4$\frac{1}{2}$ minutes on 70% followed by 5 minutes on TOP GRILL	to stand.	2-3 minutes

NOTE: Room Temperature +20°C
Refrigerator Temperature +3°C
Frozen Temperature -18°C

GRILLING CHART

FOOD	AMOUNT	STAGE	COOKING TIME AND POWER LEVEL	INSTRUCTIONS
Bacon	2 rashers 4 rashers		6 minutes on TOP and BOTTOM GRILL 8 minutes on TOP and BOTTOM GRILL	Place directly onto turntable
Sausages (thick, thin)	per/500g	1. 2.	10 minutes on TOP and BOTTOM GRILL 6 minutes on TOP and BOTTOM GRILL	Place directly onto turntable, pierce 3 times. Turn over after stage 1, drain juices, and pierce skin again 3 times. Continue cooking.
Steak/Chops	per/500g		14-15 minutes on TOP and BOTTOM GRILL	Place directly onto turntable.
Chicken Breasts	1-2 breasts	1. 2.	8 minutes on TOP and BOTTOM GRILL 8 minutes on TOP and BOTTOM GRILL	Place directly onto turntable. Turn over after stage 1. continue cooking.
Grilled Tomato	per/4 tomatoes halved	1. 2.	5 minutes on TOP and BOTTOM GRILL 5 minutes on TOP and BOTTOM GRILL	Place directly onto turntable. Spray with non-stick cooking spray. Turn over after stage 1, continue cooking.
Mixed Grill	per/1serve (includes: 1 steak, 1chop, 1 sausage 1 rasher bacon and 1 egg)	1. 2.	10 minutes on TOP and BOTTOM GRILL 6 minutes on TOP and BOTTOM GRILL	Place directly onto turntable. Turn over after stage 1. Drain juices. Add egg, and continue cooking.
Toasted Sandwiches	1-2 (whole) (filling: cheese, ham, tomato)		5 minutes on TOP and BOTTOM GRILL	Place directly onto turntable.
OpenToasted Sandwiches	1-2 (open) (filling: cheese, ham, tomato)		5 minutes on TOP and BOTTOM GRILL	Place directly onto turntable.

GLOSSARY OF TERMS

SPOON MEASURES

1 tablespoon	=	20 mL
1 teaspoon	=	5 mL
1/2 teaspoon	=	2.5 mL
1/4 teaspoon	=	1.25 mL

LIQUID MEASURES

Cups		Metric		Imperial
1 cup	=	250 mL	=	8 fl. oz.
1/2 cup	=	125 mL	=	4 fl. oz.
1/3 cup	=	80 mL	=	2.5 fl. oz.
1/4 cup	=	60 mL	=	2 fl. oz.

DRY INGREDIENTS

Metric		Imperial
15 g	=	1/2 oz.
30 g	=	1 oz.
60 g	=	2 oz.
90 g	=	3 oz.
125 g	=	4 oz.
185 g	=	6 oz.
250 g	=	8 oz.
500 g	=	1 lb.
1000 g (1 kg)	=	2 lb.

CUP MEASURES

	Metric	Imperial
1 cup flour	140 g	4 1/2 oz.
1 cup sugar	250 g	8 oz.
1 cup brown sugar	185 g	6 oz.
1 cup icing sugar	185 g	6 oz.
1 cup butter/margarine	250 g	8 oz.
1 cup honey/golden syrup	375 g	12 oz.
1 cup fresh breadcrumbs	60 g	2 oz.
1 cup crushed biscuits	125 g	4 oz.
1 cup uncooked rice	220 g	7 oz.
1 cup mixed fruit	185 g	6 oz.
1 cup chopped nuts	125 g	4 oz.
1 cup coconut	90 g	3 oz.

NOTE

- Recipes in this book use standard metric equipment approved by the Australian Standards Association.
- All spoon and cup measures are level.
- All recipes in this book that include eggs require 55 g unless otherwise specified.

QUICK REFERENCE GUIDE

FEATURE	QUICK OPERATION GUIDE
Sensor Instant Action	JACKET POTATO PRESS Once to automatically cook 1 to 10 potatoes.
Reheat Sensor	REHEAT SENSOR → Menu Number 1 (eg. Dinner Plate) → INSTANT COOK START
Convenience/Pizza Multi Cook	MULTI COOK → Menu Number 1 (eg. Roast Beef) → Weight 1 O (eg. 1.0kg) → INSTANT COOK START
Easy Defrost	EASY DEFROST → Weight 1 O (eg. 1.0kg) → INSTANT COOK START
Variable Cooking Control	To soften Cream Cheese or Butter for 40 seconds on M•LOW. Cooking Time 4 O (eg. 40 seconds) → POWER LEVEL x 4 → INSTANT COOK START
Preheat	PREHEAT → Temp 5 160°C (eg. 160°C) → INSTANT COOK START
Manual Convection Cooking	CONVEC → Temp 6 180°C (eg. 180°C) → Cooking Time 1 5 O O (eg. 15 minutes) → INSTANT COOK START
Grill Cooking	Grill Mode GRILL x 1 (eg. TOP heater) → Cooking Time 1 5 O O (eg. 15 minutes) → INSTANT COOK START
Mix Cooking	Mix Setting MIX x 1 (eg. High mix top grill) → Cooking Time 1 5 O O (eg. 15 minutes) → INSTANT COOK START

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